

ALL WELCOME

# Wellbeing

with Hear Us: Croydon's Mental Health Service User Group

## Hear Us Wellbeing Event

July 3rd 2012  
from 1pm

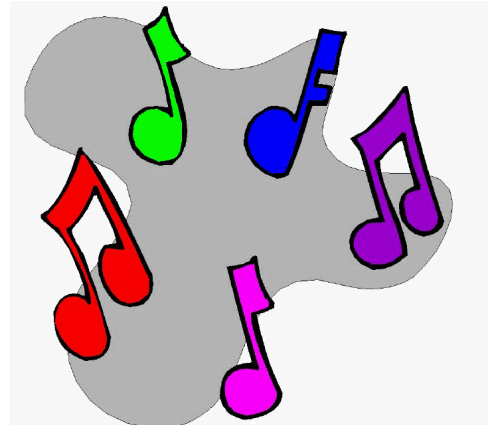


Hear Us - Croydon's Mental Health Service User Group  
Charity No. 1135535. Tel: 020 8681 6888

## **Singing for Relaxation**

**Janet Grant: 3-3.45pm**

Simple chants and songs from diverse global traditions to help relax and self nurture. No experience needed. Group singing,. Welcome to also just listen.



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## **Indian Head Massage & Reflexology**

**Shane Maclean:  
1pm - 5pm**

Caring for your well-being

Shane is dedicated to the whole well-being of each of his clients and strives to provide a place of healing, achieving harmony and balance.



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## **Tai Chi**

**Alex Crichton  
3.30 - 4.30pm**

Tai Chi - a slow moving gentle form of exercise that when practiced regularly promotes positive feelings of relaxation and calmness. These skills can then be incorporated in to day to day life. Alex is also an NHS Registered Clinical Hypnotherapist



# Pilates



## Lorraine Thurlow

**2 - 2.30pm**

Pilates is a low-impact exercise class that improves core strength, flexibility, muscle tone, balance, posture and body awareness. It is great for rehabilitating injuries and is recommended by medical professionals as a way to help ease back pain.

Lorraine will also offer 1 to 1 Sessions for people with an interest in Personal Fitness.

# Energy Collage



## Abbi Greene & Angie Phillips

**2.30pm onwards**

Energy Collage is a creative, fun tool for easy, artful self-expression. Using intuition and imagination, you create your collage card, where each card reflects a different aspect of who you are. Even though this is an "art process," it truly is simple and anyone can do it. You don't need to be an artist to create beautiful Energy Collage cards.



## Systematic Kinesiology

Amy Stark: 1pm - 5pm

Kinesiology is a completely natural health care system which uses gentle muscle testing to evaluate the many functions of the body. This unique technique allows the treatment of imbalance within the body which could otherwise accumulate and result in poor health.

Using massage, nutrition, and acupuncture contact points, Kinesiology can help with, physical ailments, emotions and anxieties, energy blocks, dietary intake, and nutritional deficiencies.



## Physical activity & healthy eating

Ashley Gordon  
2-4:30pm

Promote the benefits of becoming more physically active.



## Leg, Bums and Tums Lorraine Thurlow: 3-3.30pm

A low impact exercise class involving an aerobic warm-up and body weight exercises to help tone the legs, bottom and stomach.



## **NHS Stop Smoking Service Smoking Cessation**



## **Rose Nalumansi-Sekiwala 1pm - 4pm**

Croydon Stop Smoking Service offers free help, advice and access to Nicotine Replacement Therapy (NRT) and other stop smoking medication to all smokers who live and work in Croydon. People are 4 times more likely to stop smoking for good, if they use a local stop smoking service.

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## **Zen Acupuncture Acupuncture**



## **Jean Foley 1pm – 3.30pm**

Zen Acupuncture in its fourth year is a multi-bed clinic. It offers affordable acupuncture to the community in Croydon at Mind in Croydon Fairfield House every Friday 5-7pm. Both acupuncturists are degree trained and are members of the British Acupuncture Council.

## Massage (shoulder/neck and hands)

Em, Viv & Sue: 1pm - 5pm

Shoulder/neck, back or hand massage. Please book early to avoid disappointment.



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## Art and Craft activity stall (Imagine Mental Health)

Imagine  
From 1pm

Wellbeing card making- using themes of 5 a day- CLANG!! Connect Learn Active Notice Give



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## Jewellery Making

Lucy Newholm  
2pm - 5pm



Create simple but beautiful jewellery. No experience needed. Complete beginners welcome.

# Yoga



## Ashtanga Yoga

# Su Kamat

**2.30 - 3pm**

An ancient form of overall health fitness programme which has been developed over 6000 years ago to sustain a fully balanced life style called ASHTANG YOGA. People practise Yoga to maintain a youthful disease free body, mind and soul using simple breathing techniques and exercises.

# Tai Chi

**Tony Todd: 1.30pm - 2pm**

Simple exercises, posture, mobility, co ordination, balance, breathing



# Zumba



# Natalie Ward

**2.30pm - 3pm**

Zumba is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance that's moving millions of people toward joy and health.



## Mindfulness

**Carmine De Rosa**

**1.30 - 2pm**

10 minute mindfulness meditation sessions with 10 min chat.



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## Spirituality

**Julia Head**

**3.45 - 4.30pm**

A facilitated discussion on the relationship between spirituality, religion and mental health. To consider essential elements for spiritual care in this context.



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## Guided Meditation/Relaxation

**Cathy Barnwell**

**2pm - 2.30pm**

Guided meditation to gentle background music and soothing voice to bring a sense of calm and total relaxation. Let go of stress and anxiety. Learn how to achieve inner peace.





# Yoga Therapy for Stress, Anxiety & Depression

**Jackie Menon**  
**3pm - 3.30pm**



- Breathing for Relaxation (seated or lying down)
- Guided Deep Relaxation (lying down)

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## Cook & Taste

**Dora Crook: 1pm - 4pm**



A chance to try out one of our favourite recipes from Active Minds cook and taste group, Come and make smoked mackerel pitters, a tasty healthy recipe!

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## Mindfulness

**Vanessa Gould-Crouch**  
**2.30 - 3pm**



Leading participants through the principles of mindful awareness using simple exercises. When we are mindful we are aware of our thoughts, feelings and physical selves in the present moment without judgement. Practised regularly, mindfulness can be both calming and grounding.

# *Special Thanks to ...*

## **Musicians**

*Jules & Remi  
& Imagine Music Group*



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## ***Stall Holders***

The British Heart Foundation

Health Living Hub

Stop Smoking Specialist

Specialist Dietician

Croydon Diabetes

Lantern Hall Substance Misuse Service

Status Employment and Physical Activities

Katie Howe

Ashley Gordon &  
Melissa Kirk

Rose Nalumansi-Sekiwala

Deborah Thompson

Casey Collyer

Leigh Gadney

Paul Venn

# Special Guests

Tony Todd

Lorraine Thurlow

Su Kamat

Shane Maclean

Jean Foley

Cathy Barnwell

Vanessa Gould-Crouch

Carmine De Rosa

Lucy Newholm

Em Guest

Angie Phillips

Alex Crichton

Dora Crook

Julia Head

Natalie Ward

Jackie Menon

Abbi Greene

Janet Grant

Vivienne-Leigh

Amy Stark

Sue Norvell



**ivo**

**Ice Cream!**

**FREE**

**Hear Us Wellbeing Event  
3rd July 2012**

# Program of Activities

## Main Hall (Front)

|               |   |
|---------------|---|
| 12.45 - 13.30 | Music with Jules & Remi                         |
| 14.30 - 15.00 | Zumba with Natalie                              |
| 15.00 - 15.30 | Legs, bums and tums for beginners with Lorraine |
| 16.30 - 17.00 | Imagine Music Group                             |

## Main Hall (Back)

|               |                          |
|---------------|--------------------------|
| 13.30 - 14.00 | Tai Chi with Tony        |
| 14.00 - 14.30 | Pilates with Lorraine    |
| 14.30 - 15.00 | Mindfulness with Vanessa |
| 16.30 - 17.00 | Imagine Music Group      |

## Training Room

|               |                         |
|---------------|-------------------------|
| 14.30 - 15.00 | Yoga with Su            |
| 15.00 - 15.45 | Singing with Janet      |
| 15.45 - 16.30 | Spirituality discussion |

## Upstairs (Crèche)

|           |                                   |
|-----------|-----------------------------------|
| 1pm - 5pm | Massage, Reflexology, Acupuncture |
|-----------|-----------------------------------|

## Café Room

|         |                   |
|---------|-------------------|
| 2.30pm  | Energy Collage    |
| 1 - 4pm | Cook & Taste      |
| 2 - 5pm | Jewellery Making  |
| 1 - 5pm | Imagine Art Stall |