

About Active Minds

The aim of our service is to give a taster of activities which will stimulate a new interest, promote a healthy lifestyle and help to improve confidence so that you feel better able to access activities within your local community.

Boxercise and Cook and Taste

Active Minds run Cook and Taste and Boxercise as six week stand alone courses regularly throughout the year, both require registration before the course starts.

How do I register?

You need to contact the Active Minds team to put your name on the waiting list. Courses are very popular so places will be allocated on a first come first service basis, with priority going to new members.

You will be asked to attend a registration session. During this you will be asked to provide some details about yourself, complete some questionnaires and to pay your fees where applicable.

Active Minds Drop-In Activities

Some activities you do not have to register for and you can come and join at any point. However, you need to contact Active Minds to discuss this first.

How much will it cost?

We have strived to make all of our activities as low cost as possible. Where we have had to charge a fee you can pay on the day of the activity.

Contact Alex or Peter at Active Minds

Alex Rolfe-Sanders: 020 8253 8205

Peter Rogers: 020 8253 8206

email: activeminds@mindincroydon.org.uk

website: www.mindincroydon.org.uk

Orchard House
15A Purley Road
South Croydon
CR2 6EZ

Look out for other Active Mind Events



Summer 2013

Get active, get involved
with Active Minds



Groups

NEW Cricket

Join us and our professional coaches for drills, skills and a few games of **Street 20**—a fast paced version of cricket everyone can play
Tuesday 1pm-3pm
The Cricket Centre,
Wallington

Supported by
Cricket 4 Change



Yoga Classes

Gentle relaxation using breathing and stretching techniques
Location: Orchard House
Time: Monday 3-4pm
Cost: £3 per week or £10 for 4

Cook and Taste

Learn about healthy eating while cooking tasty recipes
Location: Orchard House

Start Date:

**Thurs 1st
August**

Time: **11.30am
-1.30pm**
Cost: £25 per
6 week
course. Lunch
included.



Boxercise

Come and train with three times World Champion Duke McKenzie using non contact boxing techniques.

Location: Crystal Palace
Next group: Friday 9th August
Time: 12pm - 2pm
Duration: 6 weeks Cost: FREE

Buddy Support Service

Want to try a new activity with Active Minds or elsewhere in Croydon? Feel that you need someone to support you until you have built your confidence to go alone?

Then get a buddy to support you. We can pair you with a volunteer buddy who can work with you to achieve your goals.

Table Tennis
Matches, practice and coaching - Wednesday at 12pm
Orchard House



Drop In Activities

Horticulture Groups

Learn gardening skills, grow your own fruit and veg or meet new friends at our allotment site in South Croydon or at our East Croydon Flowerbeds.

When: South Croydon Allotment - Tuesdays and Thursdays,
East Croydon Gardening Group - Wednesdays 1pm -3.30pm
Cost: £2 per session at the South Croydon Allotment.



Football Sessions

With an official Crystal Palace FC coach. If you want to get fit and have fun developing your ball skills come to our football fitness sessions. All abilities welcome. There is even an opportunity to join our team 'The Croydon Eagles' and play in the South London Grassroots Football League.

Location: National Arena,
Crystal Palace
When: Wednesday 3.30- 4.30pm
Cost: £2.50 per session



Swimming Sessions

South Norwood Pool
Ladies' session: Weds 11.45am
Men's session: Fri 2pm
£1.30 per session
(depending on concessionary rate)

Relaxation Sessions

Location: Orchard House
Every other Friday 1pm
Cost: FREE
Please call to check times

Badminton

Join a small, dedicated group at Thornton Heath Leisure Centre for a few games
Tuesdays at 12pm. Cost: £3.00