

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, Peter or Dora at Active Minds

Alex Rolfe-Sanders: 020 8253 8205

Peter Rogers: 020 8253 8206

Dora Crook: 020 8253 8206

email: activeminds@mindincroydon.org.uk

website: www.mindincroydon.org.uk

Orchard House
15A Purley Road
South Croydon
CR2 6EZ

With thanks to Nick David for Boxercise photos



New Year 2014

Get active, get involved
with Active Minds



Maudsley Charity
Health in Mind



LOTTERY FUNDED

Groups

Yoga Classes

Gentle relaxation using breathing and stretching techniques

Location: Fairfield House

Time: Monday 3-4pm

Cost: £3 per week or £10 for 4 weeks



Cook and Taste

Learn about healthy eating while cooking tasty recipes

Location: Orchard House

Start Date: **in New Year**

Time: **11.30am-1.30pm**

Cost: £25 per 6 week course.

Lunch included.

Table Tennis

Matches, practice and coaching - Wednesday at 12pm

Orchard House

Cost: Free



Boxercise

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

Location: Crystal Palace

Next group: 10th January 2014

Book now to secure a place

Time: 12pm - 1.30pm

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.

Badminton

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

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: Monday 11.30am

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 days

Get Active in 2014—we hope to see you soon