

Beacon Club Activities

Tuesday

Discussion (11:00am-11:30am)

A positive way of communicating and talking about topics of your choice.

Relaxation or Gentle Exercise (11.40am-12:30pm)

Keep yourself healthy and fit.

Arts & Crafts

Creative Writing

Cooking

Keep Healthy

Self Help (1:15pm-3:00pm)

Sessions alternate weekly.

Opening Times

Community Venues

Monday to Friday 10am - 3:30pm

Beacon Club (Sedgley Community Centre)

Tuesday 11am – 3pm

Dove House

Tuesday 9am – 5pm, Wednesday, Thursday & Friday 11:30am – 7:30pm

Saturday 10am – 2pm

Important Numbers

Dudley Mind Head Office

01384 442 938

Dudley Mind Head Office Fax

01384 441 470

Dove House

01384 836 391

Day Services Manager (Nagheena)

07930 159644

Website

www.dudleymind.org.uk



For better
mental health

Dudley Mind Activities Spring 2010



Community Activities

Monday	Tuesday
<p style="text-align: center;">Kingswinford Christian Centre, Summer Street.</p>	<p style="text-align: center;">Castle High School, Dudley.</p>
<p>Discussion Group (10.00am-10.30am) Discuss any topic you would like with others and help to build your confidence in group settings.</p> <p>Around The World (10:40am-12:30pm) Learn about different countries, cultures, food, etc.</p> <p>Tai Chi (1:30pm-3:30pm) A martial art that emphasis gentle movements. Highly effective for stress and pain relief.</p>	<p>Visual Arts (10:00am-1:00pm) Study different forms of art using different materials.</p> <p>Access Resources (1.30pm-3:30pm) Make use of the library by using the internet, borrowing books, audio, etc.</p>
Wednesday	Thursday
<p style="text-align: center;">Jasmine Road, Dudley.</p>	<p style="text-align: center;">Women's Day at Kingswinford Christian Centre.</p>
<p>Allotments (10:30am-12:30pm) Learn how to grow organic fruit and vegetables.</p> <p>Leisure Time (1:30pm-3:30pm) Swimming, bowling, cinemas, leisure centres.</p>	<p>ESOL (10:30am-12:00pm) Learn to speak English.</p> <p>Floral Art (10:15am-12:15pm) Study the art of flower care and how to handle them.</p>
Friday	
<p style="text-align: center;">Unit 44 Waterfront East, Merry Hill.</p>	
<p>Sit and Get Fit (10:30am-12:30pm) Learn how to get fit by introducing exercise to your routine.</p> <p>Dudley College (1:30pm-3:30pm) Numeracy - Get confident using numbers and symbols.</p>	<p>Discussion Group (1:15pm-2:00pm) Talk about women's topics and how to improve general wellbeing.</p> <p>Gentle Exercise & Relaxation (2:15pm - 3:30pm) Participate in gentle exercises to improve health and flexibility and also teach your self how to apply relaxation techniques.</p>

Dove House Activities

Tuesday	Wednesday
<p>Healthy Eating Club (10:00am-1:00pm) Learn how to cook and prepare healthy meals.</p> <p>Literacy (1:00pm-3:00pm) Learn to read and write at your own pace. (Until the end of May)</p> <p>Art & Design (1:00pm-3:00pm) Using fabric textiles and paper crafts.</p> <p>Drop In (3:00pm-5:00pm)</p>	<p>Sit and Get Fit (2:00pm-3:00pm) Learn how to get fit by introducing exercise to your routine.</p> <p>Arts & Crafts (3:30pm-5:00pm) Express yourself through arts & crafts.</p> <p>Group Challenge (5.30pm-6:30pm) Challenge your friends or staff to various quizzes and games.</p>
Thursday	Friday
<p>Summer Sports & Walks (12:00pm-3:00pm) Join us playing outdoor games and going to local nature reserves & parks.</p> <p>Around The World (1:00pm-2:30pm) Learn about different countries, cultures, food, etc.</p> <p>DVD At Dove (5:00pm-7:00pm) Watch a DVD movie with popcorn.</p>	<p>Music (1:00pm-3:00pm) Join in the fun with Pete Williams.</p> <p>Reflexology (3:00pm-4:30pm) Help to relieve tension by finger pressure and massaging pressure points.</p> <p>Discussion Group (6:00pm-7:00pm) A positive way of communicating and talking about topics of your choice.</p>
Saturday	
<p>Saturday Kitchen (10:00am-12:00pm) Come and join us for a healthy breakfast.</p> <p>Planning Summer Sports & Walks (12:30pm-1:30pm) Have you input on where you would like to go and what activities you would like to do for Summer Sports & Walks held on Thursday.</p>	