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| --- | --- | --- | --- | --- | --- |
|  | **Name of Session & Joining details** | **Start date/Time** | **Facilitator** | **Dial-in \*options** | **Equipment /Preparation required** |
| **Monday** | **Peer-led Virtual Gym**  Please contact [Andrei.oancea@rethink.org](mailto:Andrei.oancea@rethink.org)  07483 316216 to book on to group | 9:30 – 10 am | Jenny Hoare | No | N/A |
|  | **Coffee morning -social group**  Please contact [Andrei.oancea@rethink.org](mailto:Andrei.oancea@rethink.org)  07483 316216 to book on to group | 10 – 11:30 am | Andre Oancea | Yes | N/A |
|  | **Women’s Group**  Please contact [Julie.proudley@rethink.org](mailto:Julie.proudley@rethink.org)  07483 431724 to book on to group | 12-1 pm | Julie Proudley | Yes | N/A |
|  | **Living Life to full (LLTF)**  A rolling programme of different psycho-educational workshops- LLTF, assertiveness, breaking social isolation, building self-esteem etc.  Please contact [jake.freedman@rethink.org](mailto:jake.freedman@rethink.org)  07484 001891 to book onto group | Starts 12th October 2020  2-3 pm | Jake Freedman and Andrei Oancea | Yes | Slides and information will be sent to you to reference during workshop (email or post)  Pens/papers for notes |
| **Tuesday** | Peer-led Virtual gym  Contact [Andrei.oancea@rethink.org](mailto:Andrei.oancea@rethink.org)  07483 316216 to book on to group | 9.30-10 am | Jenny Hoare | No | N/A |
|  | **Lifestyle Cuppa**  Rolling programme including quiz’s, talks, guest speakers etc  Wk 1 - Zoom Cuppa and a Chat  Wk 2- Lifestyle Weekly Dancing to music  Wk 3 Mindfulness and well being Healthy Eating  Wk 4 – Halloween/Xmas crafts  Please contact  [wiseworks@harrow.gov.uk](mailto:wiseworks@harrow.gov.uk)  07840 761894 to book on to group | Starts 22nd September  10-12 am | Debbie Dye  Gabriela Docan  Leena Moorjani | Yes | N/A |
|  | **Men’s Group**  Please contact [jake.freedman@rethink.org](mailto:jake.freedman@rethink.org)  07484 001891 to book on to group | 1-2 pm | Jake Freedman | Yes | N/A |
|  | **Hearing voices group**  Please contact Helen Alexander  [Helen.alexander@rethink.org](mailto:Helen.alexander@rethink.org)  07442 492844 to book on to group | 2-3pm | Helen Alexander | Yes | N/A |
| **Wednesday** | **Morning Meditation**  Please contact [jake.freedman@rethink.org](mailto:jake.freedman@rethink.org)  07484 001891 to book on to group | 9:45-10am | Jake freedman | Yes | N/A |
|  | **Coffee morning -social group**  Please contact [Andrei.oancea@rethink.org](mailto:Andrei.oancea@rethink.org)  07483 316216 to book on to group | 10-11 am | Andrei Oancea | No | N/A |
|  | **Art group- Do your art projects together over zoom**  Please contact [Monika.brown@rethink.org](mailto:Monika.brown@rethink.org)  07483 316216 to book on to group | 11-1pm | Monika Brown | No | Bring any art/creative project- it can be painting, drawing, sewing, knitting- clay etc. |
|  | **Bereavement support group**  Please contact Helen Alexander  [Helen.alexander@rethink.org](mailto:Helen.alexander@rethink.org)  07442 492844 to book on to group | 1-2 pm | Helen Alexander | Yes | N/A |
|  | **Peer-led Chronic pain support group**  Please contact Helen Alexander  [Helen.alexander@rethink.org](mailto:Helen.alexander@rethink.org)  07442 492844 to book on to group | Fortnightly -1st and 3rd Wed  2-3:30 pm | Al-Karim Nathoo | Yes | N/A |
| **Thursday** | **Peer-led Virtual Gym**  Please contact [Andrei.oancea@rethink.org](mailto:Andrei.oancea@rethink.org)  07483 316216 to book on to group | 9.30-10:00 am | Jenny Hoare | No | N/A |
|  | **Coffee morning -social group**  Please contact Helen Alexander  Helen.alexander@rethink.org  07442 492844 to book on to group | 10-11:30 am | Helen Alexander | Yes | N/A |
|  | **Making Lunch Group**  Please contact [Andrei.oancea@rethink.org](mailto:Andrei.oancea@rethink.org)  07483 316216 to book on to group | 12-1 pm | Andrei Oancea | No | Andrei will cook different lunches- observe or join in |
|  | **Photography -Intermediate class**  Please contact  [wiseworks@harrow.gov.uk](mailto:wiseworks@harrow.gov.uk) 07840 761894 to book on to group | 12-1:45 pm | Debbie Dye  Gabriela Docan  Leena Moorjani | No | DSLRs and Bridge Cameras |
|  | **Peer-led Quiz**  Please contact  [Helen.alexander@rethink.org](mailto:Helen.alexander@rethink.org)  07442 492844 to book on to group | 3-4 pm | Al-Karim Nathoo | Yes | N/A |
| **Friday** | **Morning Meditation**  Please contact [jake.freedman@rethink.org](mailto:jake.freedman@rethink.org)  07484 001891 to book on to group | 9:45-10am | Jake Freedman | Yes | N/A |
|  | **Coffee morning -social group**  **(music sharing theme)**  Please contact [jake.freedman@rethink.org](mailto:jake.freedman@rethink.org)  07484 001891 to book on to group | 10-11:30 am | Jake Freedman | Yes | Each person take it in turns to bring a piece of music of their choice for group discussion |
|  | **Photography - Beginners Level Group** -using smart phones and compact cameras. Please contact  [wiseworks@harrow.gov.uk](mailto:wiseworks@harrow.gov.uk)  07840761894 to book on to group | 11-12:30 | Debbie Dye  Gabriela Docan  Leena Moorjani | No | Bring smart phone or compact camera |
|  | **Wellbeing peer support group**  Please contact [**jake.freedman@rethink.org**](mailto:jake.freedman@rethink.org)  **07484 001891 to book on to group** | 12:30-1:30 pm | Jake Freedman | Yes | N/A |

\* **For dial in- call 0208 080 6591 and will need Meeting ID and passcode from organiser- enter both follow each with #**