

Day Centre Timetable: March 2025

Isledon Road

Please refer yourself and meet with staff before attending for the first time:
www.islingtonmind.org.uk/refer

76-80 Isledon Rd, N7 7LB

Tel: 0203 301 9850 opt. 3

Tube: Finsbury Park

Bus: 4, 29, 153, 253, 254, 259

Monday

Computer and Art Rooms: 12:30pm-6pm

Music Room: 1-3pm and 6-7:30pm

Jewellery Making: 1:30-3:30pm

Gardening Group: 1:30-3:30pm

Paranoia + Unusual Beliefs Group: 2:30-3:30pm

DROP-IN: 3:30-7:30pm

Young Adult's Group (18-35yrs): 3:30-7:30pm

Art Lesson: 6-7:30pm

Tuesday

Qi Gong (Gentle Movement): 10:30-11:30am

1:1 Music Therapy by appointment

Young Adults Art Room access: 11am-4pm

Young Adults Social Space (18-35yrs): 1-4pm

Music Therapy Jamming Session: 2:30-3:20pm

Gentle Exercise Group with Dan: 2:45-4pm

Music Therapy Drop-in Group: 3:30-4:20pm

Wednesday

Computer Room: 10:30am-3:30pm

Art Room: 10:30am-3:30pm

Music Room: 10:30am-12:30pm

Peer-Led Hoarding Support Group: 2-3pm

 Offsite:

Boxing Group: 11am-12pm at Islington Boxing Club, 20 Hazellville Road, N19 3LP

Thursday

1:1 meetings with staff by appointment: 10am-4pm - please speak to staff to book

Computer Room: 10:30am-3:30pm

Art Room: 10:30am-3:30pm

Music Room: 1:30-3:30pm

 Online:
 Meditation (via zoom): 1-1:45pm

Friday

DROP-IN: 11AM-3PM

Computer and Art Rooms: 11am-3pm

Bereavement Group: 11:15am-12:15pm

Music Room: 11am-1pm

Lunch: 1-1:45pm £4

Film Club: 2-4pm

Hearing Voices Group: 2:30-3:30pm

Welfare Benefits Clinic by appointment

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Despard Road

Please refer yourself and meet with staff before attending for the first time:
www.islingtonmind.org.uk/refer

48 Despard Road, N19 5NW

Tel: 0203 301 9850 opt. 4

Tube: Archway

Bus: 43, 143, 210, 263, W5

Monday

Art Room:
11am-3pm

Music Room:
11am-3pm

IT Appointments with
Phillip:
11am-3pm

Cooking class 11am-
2pm - by appointment
only, speak to staff

Tuesday

DROP-IN 11AM-3PM

Art Room: 11am-3pm

Men's Resilience Project:
12-3pm

Lunch: 1-1:45pm £4

Key Changes Music
Production: 12-4pm

Welfare Benefits Advice
by appointment: 12-4pm

SLT Poetry and Creative
Writing Group: 2-3:30pm

Wednesday

DROP-IN 11AM-3PM

Art Room: 11am-3pm

Anxiety + Coping Skills
Group: 12-1pm

Lunch: 1-1:45pm £4

Peer-Led Psychosis
Group: 1-3pm

Computer Gaming
Group: 1:30-2:30pm

Thursday

WOMEN'S DAY DROP-IN:
11:30AM-3:30PM

Art Room: 11:30am-
3:30pm

Cooking Class 11am-1pm

Lunch: 1-1:45pm £4

African Yoga 2-3:30pm

On Thursdays access to
Despard Road is for
women only until 6:15pm

Warm Space Drop-in
6:15-8:45pm - including
free food - until end of
March only

Friday

Art Lesson with Ashley:
10:30am-12:30pm

Art Room: 12:30-3:30pm

Drumming Group: 1:30-
2:30pm

Piano Practice: 10:30am-
3:30pm

Music lessons by
appointment