

# Day Centre Timetable: March 2026

## Isledon Road

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

Art Room: 1pm-7:30pm

Computer Room 1-  
6:30pm

Jewellery Making: 1:30-  
3:30pm

Gardening Group: 1:30-  
3:30pm

DROP-IN: 2:30-6:30pm

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

Speak to Rebecca before joining

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

Depression + Low Mood  
Group: 6:30-7:30

### Tuesday

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

1:1 Music Therapy  
By appointment only

Young Adults Art Room:  
11am-4pm

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

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

### Wednesday

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

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

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

Get Active Sports Group  
2:45pm-4pm  
Please arrive by 3:15pm

-----  
Offsite:

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

### Thursday

1:1 meetings with staff  
By appointment only

Music Room: 10:30-  
12:30pm

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

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

Men's Gentle Exercise  
Group 2-3pm

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

### Friday

DROP-IN: 11AM-3PM

Music Room: 11am-1pm

Art + Computer Rooms:  
11am-3pm

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

Gentle Yoga 12-1pm  
Beginning 27<sup>th</sup> March

Lunch: 1-1:45pm £4

Film Club: 2-4pm

Hearing Voices Group:  
2:30-3:30pm  
Speak to Saskia before joining

Chess Club 2:30-4pm

Welfare Benefits Clinic  
By appointment only

# Day Centre Timetable: March 2026

## Despard Road

Please refer yourself and meet with staff before attending for the first time:  
[www.islingtonmind.org.uk/refer](http://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 (Availability varied - please check with Katie):  
11am-3pm

Computer lessons with Phillip:  
11am-3pm  
By appointment only

Cooking class with Diana: 11am-2pm

### Tuesday

DROP-IN 11AM-3PM

Music Room: 11am-12pm

Art Room: 11am-3pm

Men's Resilience Group:  
12:30-1:30pm

Key Changes Music Production: 12-4pm  
By appointment only

Free Lunch: 1-1:45pm

Creative Writing Group:  
2-3:30pm

Welfare Benefits Advice  
By appointment only

### Wednesday

DROP-IN 11AM-3PM

Music Room: 11am-3pm

Art Room: 1pm-3pm

Anxiety Group: 12-1pm

Lunch: 1-1:45pm £4

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

Music Appreciation Group with Eliza: 2-3pm

### Thursday

Meditation: 10:30am-11:15am  
Speak to Kim before joining

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

Mindful Movement and Joyful Dancing: 11:30am-12:45pm

1:1 Music Therapy  
By appointment only

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

Lunch: 1-1:45pm £4

Music Therapy Open Group: 2pm-3pm

### Friday

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

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