

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

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

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

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

1:1 Music Therapy
By appointment only

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

Table tennis, pool, badminton,
basketball and more
Not running 18th & 25th March

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 27th 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

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
Sign up with staff

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

'Life in the UK' test Study Group: 11am-12pm
Beginning 25th March

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 (All genders):
10:30am-11:15am
Speak to Kim before joining

WOMEN'S DAY DROP-IN:
11:30AM-3:30PM
Activities below are women only:

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