

COMMUNITY MINDS SUMMER PROGRAMME

Fun

Friendship

Wellbeing



We're excited to share our Summer Programme, which is all about having fun, trying new things and connecting with others in a safe and supportive space.



We have events for children and young people aged 5-18, and for parents too.



Please have a look at the back of this leaflet to see our full programme of activities.



If you need any support to take part, or have any questions for us, please don't hesitate to contact us.



Transport should not be a barrier to accessing support. If you need support with your journey to any of our events, please do speak to us.



All of our events are **FREE** of charge.



Contact us:

outreach@WLMind.org.uk

To express an interest in any of our events...

please scan the QR code, and complete the form. We will then get back to you confirming the booking.



Mon 27th July



**Parent Carer
Coffee Morning**
10am-12pm

A friendly morning to
connect, chat and enjoy
refreshments.

 Northolt Library
Church Road, UB5 5AS

Tue 28th July



**Tie-Dye Drama
Workshop**
12.15pm-4pm

A drama based fun
workshop for children,
with a coffee break for
parents. Lunch included.

 Open Southall, 1 Seva Drive,
Southall, UB1 1GH

Fri 31st July



Family Fun Day
11am-3pm

A day packed with games,
activities, arts & crafts
and fun for the whole
family!

 Open Havelock Willowbrook
Rd, Southall, UB2 4RP

Mon 3rd August



**Parent Carer
Coffee Morning**
10am-12pm

A friendly morning to
connect, chat and enjoy
refreshments.

 Hanwell Community Library,
Cherrington Road, W7 3HL

Thu 6th August



Cooking Workshop
11am-1pm
Ages 13-18

Learn new cooking skills,
try simple recipes, and
enjoy healthy eating.

 Hanwell Community Library,
Cherrington Road, W7 3HL

Fri 7th August



**Sensory Cinema
Screening**
Time TBC
Ages 5-18

Two screenings at same
time - one for parents
one for children.

 Actone Cinema, 119-121 High
Street, W3 6NA

Tue 11th August



**Trip to
Hobbledown Heath**
Time TBC

A fun filled day out for
the family. Details TBC,
please just register
interest for now.

Transport provided from
Ealing.

Fri 14th August



**Parent Carer
Coffee Morning**
10am-12pm

A friendly morning to
connect, chat and enjoy
refreshments.

 Perivale Library, Carlton
Avenue East, UB6 7QR

Tue 18th August



**Mind on Music
Sessions**

2pm-3pm: Ages 8-12
4pm-5pm: Ages 13-18

Fun, creative music
sessions.

 The Circle, 44-46 South
Ealing Road, W5 4QA

Mon 24th August



Pizza Workshop
11am-1pm
Ages 5-12

Join our chef-led pizza
making workshop! Make,
bake and enjoy your own
pizza.

 Southall Coffee House,
Parkside Yards, UB1 1GH

Tue 25th August



**Mind on Music
Sessions**

2pm-3pm: Ages 8-12
4pm-5pm: Ages 13-18

Fun, creative music
sessions.

 The Circle, 44-46 South
Ealing Road, W5 4QA

Fri 28th August



**Final Summer
Event**

Time TBC

Join us as we celebrate
the end of the summer
holidays. Fun activities
for all the family!

Venue TBC