

## Our Support Team:

- Connecting you to services in Croydon
- Mental Wellbeing Support and Clinical Support
- Social Isolation and Physical Wellbeing
- Building confidence with forms
- Understanding the benefit system
- Understanding housing procedures

**DROP IN OR CALL FOR AN INITIAL 20 MINUTE CHAT  
OR TO BOOK AN APPOINTMENT WITH AN ADVICE  
WORKER**

## Upcoming closures in March:

Thursday 7<sup>th</sup> March – 10am – 1pm

Thursday 14<sup>th</sup> March – 10am – 1pm

**We will still be open for booked appointments on  
these dates!**

## Benefit Advice

### Department of Work and Pensions

Get some advice and  
guidance at our drop-in  
session with a DWP  
specialist.

Every Other Friday  
**1<sup>st</sup>, 15<sup>th</sup>, 29<sup>th</sup> March**

10:00-13:00

**DROP IN!**

### Welfare Benefits Advice

In partnership with Mind  
Welfare Benefits team. Book a  
phone appointment now for  
any benefit queries.

Phone appointments available  
every Monday and Thursday

9:30-15:30

**BOOK NOW!**



## Family Justice Centre Support

Did you know that we are a safe space to access if  
you are experiencing domestic abuse? Alongside  
our in-house domestic abuse advisor, we will be  
joined on **Thursday 28<sup>th</sup> March** by a representative  
from FJC.

**CONTACT TO FIND OUT MORE!**

## Free QiGong Sessions

Qigong is a set of slow, gentle exercises for  
improving Health, Energy and Awareness. It is  
suitable for all ages and levels of mobility. Many of  
the exercises can be done sitting down and no  
previous experience is needed.

**Fridays from 11.30am – 12.30am, starting Friday  
1<sup>st</sup> March.**

**SIGN UP NOW!**

## Connect & Cope Group

Run by our Recovery Space and Support  
Team. Previous sessions covered anxiety,  
sleep, bereavement, stress, low mood, and  
self-esteem.

This group will be ongoing so sign up for a  
place now!

**Next session: Thursday 28<sup>th</sup> March**

14:30-16:00

**SIGN UP NOW!**

## COMING SOON....

- ACT (Acceptance and Commitment  
Therapy) Group

**REGISTER INTEREST NOW!**

## Mental Health Support

### Status Employment Drop in

**Get advice and support from mental  
health supported employment  
specialists.**

If you are looking for support with CVs,  
interviews, reasonable adjustments, effects  
on benefits, and more...

Every Other Monday  
**11<sup>th</sup>, 25<sup>th</sup> March**

10:00-13:00

**DROP IN!**

### Managing Emotions Group (MEDIG)

**8 sessions starting Wednesday 28<sup>th</sup>  
February – 14:30 – 15:30.**

Do you experience intense and  
overwhelming emotions? Are there times  
when you feel you have little or no control  
over your feelings and behaviours? Would  
you like to learn strategies to help manage  
your emotions better and behave in less  
destructive and harmful ways?

**SIGN UP NOW!**

All our services are FREE



March 2024

IN PARTNERSHIP WITH  
CROYDON BME FORUM

NHS  
NHS South West London  
Integrated Care Board

NHS  
South London  
and Maudsley  
NHS Foundation Trust

MON	TUE	WED	THU	FRI	SAT	SUN
<b>Drop in 10:00-13:00 Monday-Saturday</b> <i>Phone line open 10:00-17:00 Monday-Saturday</i> Unit 1101-1102 Whitgift Centre, Croydon (next to Holland & Barrett) <b>020 3154 9539</b> <a href="mailto:info@croydonhws.co.uk">info@croydonhws.co.uk</a>				Drop in 10:00-13:00 <b>1</b> 10-1: DWP Drop in 11:30 – 12.30: Qigong	Drop in 10:00-13:00 <b>2</b>	<b>3</b> Closed
Drop in 10:00-13:00 <b>4</b> Welfare Benefits	Drop in 10:00-13:00 <b>5</b> Dance Movement Psychotherapy	Drop in 10:00-13:00 <b>6</b> 14:30: Managing Emotions Group (MEDIG)	CLOSED 10:00-13:00 <b>7</b> Welfare Benefits	Drop in 10:00-13:00 <b>8</b> 11:30 – 12.30: Qigong	Drop in 10:00-13:00 <b>9</b>	<b>10</b> Closed
Drop in 10:00-13:00 <b>11</b> 10-1 Status Employment Welfare Benefits	Drop in 10:00-13:00 <b>12</b> Dance Movement Psychotherapy	Drop in 10:00-13:00 <b>13</b> 14:30: Managing Emotions Group (MEDIG)	CLOSED 10:00-13:00 <b>14</b> Welfare Benefits	Drop in 10:00-13:00 <b>15</b> 10-1: DWP Drop in 11:30 – 12.30: Qigong	Drop in 10:00-13:00 <b>16</b>	<b>17</b> Closed
Drop in 10:00-13:00 <b>18</b> Welfare Benefits	Drop in 10:00-13:00 <b>19</b> Dance Movement Psychotherapy	Drop in 10:00-13:00 <b>20</b> 14:30: Managing Emotions Group (MEDIG)	Drop in 10:00-13:00 <b>21</b> Welfare Benefits	Drop in 10:00-13:00 <b>22</b> 11:30 – 12.30: Qigong	Drop in 10:00-13:00 <b>23</b>	<b>24</b> Closed
Drop in 10:00-13:00 <b>25</b> 10-1 Status Employment Welfare Benefits	Drop in 10:00-13:00 <b>26</b> Dance Movement Psychotherapy	Drop in 10:00-13:00 <b>27</b> 14:30: Managing Emotions Group (MEDIG)	Drop in 10:00-13:00 <b>28</b> 10-1: FJC Drop in 14:30: Connect & Cope Welfare Benefits	Drop in 10:00-13:00 <b>29</b> 10-1: DWP Drop in 11:30 – 12.30: Qigong	Drop in 10:00-13:00 <b>30</b>	<b>31</b> Closed