Thinking Ahead

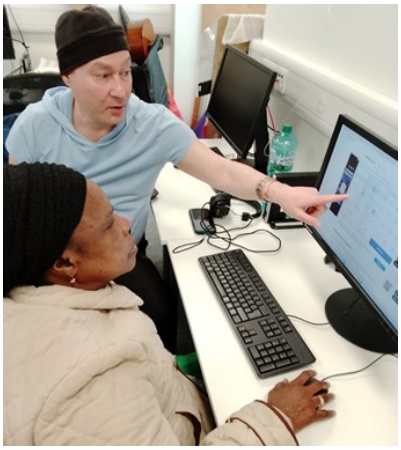
Mental Health and Wellbeing
@Blackfriars Settlement
Summer Schedule July-Sept 2026



***New** opening days:*

Tuesdays & Wednesdays *extended hours*

We promote wellbeing through building confidence, making connections, learning new skills & peer support together.



Free Groups

Tuesdays

11am - 1pm Switched On tech support help with smart phones, tablets, laptops, zoom, emails, online and anything else IT with volunteers Geoff, Wondwosen & Yetunde.



1.30 - 3pm Music Appreciation include percussions music appreciation, listening, optional singing, dancing, drumming with Paul & Yetunde

3.30-5pm Creative Writing/Reading Group for beginners and group sharing with Paul



Wednesdays

11am -12:30pm Thinking Ahead discussion, peer focus- facilitated group discussions. Paul/Renuka

1- 3pm Creative activity workshops/ Group art volunteer facilitated creative art space. Multi-media Art, paint, craft work and optional sewing



3.30-5pm Setting up an Instagram and fun with AI—5 week course starts 8th July—how to create Instagram & fun AI with Michael from Graphic Design Studio

Personal budget groups

Wednesdays only





10:30am -12:30pm Woodwork - mixed group

Join skilled our woodwork tutor and master craftsmen Hugh in a friendly group to learn and design, plan, and make something out of wood to take home.

Recent projects: cabinet, coffee table, picture frames, mug holder, stools and many more.

10:30am -12:30pm Women Soft crafts -Crochet, Knit, Weaving - women only group



Join creative tutor Najlaa to learn crochet and knitting skills and make your own designs. Take home to practice. People have made hats, bags, scarfs, baby shoes, blankets, cardigans, dresses & recycled clothes.

Cost: £20 per session via personal budgets or please enquire



Registered Members only

Outings Organised day trips during Summer -

- Kew Gardens,
- Seaside Trip,
- Theatre /Gallery

All enquiries, registration & volunteering

E: wellbeing@blackfriars-settlement.org.uk

Renuka Bhakta: 07716 458577

Paul Cerigo: 07871 889 221

BLACKFRIARS SETTLEMENT

CHANGING LIVES TOGETHER

Members Mental Health & Wellbeing Services opening times:

***Tuesdays:* 10.45am-5pm & *Wednesdays:* 10.30am-5pm**

Office: 1 Rushworth Street London SE1 0RB (off Pocock St)

Reception: 020 7928 9521

Website: www.blackfriars-settlement.org.uk

Check for updated schedules and volunteering opportunities