



Ashford Place welcomes you to our New SMI Wellbeing Group

Venue: Lonsdale Medical Centre, Lonsdale Road, NW6 6RR

Every second Thursday until the end of 2022

Join our first SMI Wellbeing Session

Thursday 3rd November 2022
10:30am - 12:30pm

Book now
limited
spaces

We will offer:

One to one support

Information, advice and navigation support to access physical health checks for people with mental ill health

Support to maintain and improve emotional mental wellbeing

Support to individuals on how to live a meaningful and valued life in the community

Links to other support and services

Get to know other members of the community / make new friends over a tea /coffee

Activities

Gentle Exercise/Fun Team Games/Discussions on Mental and Physical Health

Open Discussion and one to one support

How to Join!

Call **Jeri** or **Michele** at Ashford Place on **0208 208 8590** or email [**wellbeing@ashfordplace.org.uk**](mailto:wellbeing@ashfordplace.org.uk) or use the chat facility on our website

[**www.ashfordplace.org.uk**](http://www.ashfordplace.org.uk)