

76-80 Isledon Rd, N7 7LB

Tel: 0207 062 9890

Tube: Finsbury Park

Bus: 4, 29, 153, 253, 254, 259

### Monday

Computer and Art Rooms: 12:30pm-6pm

Gardening Group: 1:30-3:30pm

Paranoia + Unusual Beliefs Group: 2:30-3:30pm

DROP-IN: 3:30-7:30pm

Young Adult's Group (18-35yrs): 3:30-7:30pm

Jewellery Making: 4pm-6pm

6-7pm: Karaoke

Art Lesson: 6-7:30pm

### Tuesday

Qi Gong (Gentle Movement and Stretching): 10:30-11:30am

Young Adults Art Room access: 11am-4pm

Young Adults Social Space (18-35yrs): 1-4pm

Gentle Exercise Group with Dan: 2:45-4pm

### Wednesday

Computer and Art Rooms: 10:30am-3:30pm

1:1 Music Therapy by appointment: 10:30-12:20pm

Music Therapy Jamming Session: 2:30-3:20pm

Music Therapy Drop-in Group: 3:30-4:20pm

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Offsite:

Boxing Group: 11am-12pm at Islington Boxing Club, 20 Hazellville Road, N19 3LP

### Thursday

1:1 meetings with staff by appointment: 10am-4pm - please speak to staff to book

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

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

Men's Exercise Group: 2-3:30pm

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Online:  
Meditation (via zoom): 1-1:45pm

### Friday

DROP-IN: 11AM-3PM

Computer and Art Rooms: 11am-3pm

Bereavement Group: 11am-12pm

Gentle Movement and Meditation: 12-1pm

Lunch: 1-1:45pm £4

Film Club: 2-4pm

Hearing Voices Group: 2:30-3:30pm

Welfare Benefits Clinic by appointment

# Day Centre Timetable: January 2025

## Despard Road

Please refer yourself and meet with staff before attending for the first time:  
[www.islingtonmind.org.uk/refer](http://www.islingtonmind.org.uk/refer)

48 Despard Road, N19 5NW

Tel: 0207 263 3397

Tube: Archway

Bus: 43, 143, 210, 263, W5

### Monday

Art Room:  
11am-3pm

Music Room:  
11am-3pm

IT Appointments with  
Phillip:  
11am-3pm

### Tuesday

DROP-IN 11AM-3PM

Art Room: 11am-3pm

Men's Resilience Project:  
12-3pm

Key Changes Music  
Production: 12-4pm

Welfare Benefits Advice  
by appointment: 12-4pm

Lunch: 1-1:45pm £4

SLT Poetry and Creative  
Writing Group: 2-3:30pm  
starting 28th Jan

### Wednesday

DROP-IN 11AM-3PM

Art Room: 11am-3pm

Anxiety + Coping Skills  
Group: 12-1pm

Peer-Led Psychosis  
Group: 1-3pm

Computer Gaming  
Group: 1:30-2:30pm

Monthly Trip - ask staff  
for details

### Thursday

WOMEN'S DAY DROP-IN:

11:30AM-3:30PM

Art Room: 11:30am-  
3:30pm

Lunch: 1-1:45pm £4

Variety of groups and  
activities run by the  
Maya Centre 11:30am-  
4:40pm - timetable to be  
confirmed

Navigating Your 20s  
Group: 2:30-4:30pm

On Thursdays access to  
Despard Road is for  
women only

### Friday

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

Music lessons by  
appointment