

## The Wellbeing Café Project



We are a not-for-profit Community Interest Company (Social Enterprise) known as 'Loughborough Wellbeing Centre CIC (Ltd)' that has been delivering monthly evening wellbeing cafés for adults who experience mental health problems in the Charnwood area since October 2015.

The café provides them with a safe, supportive and welcoming place to go when other support services are closed. We aim to support people's recovery and resilience to mental health issues and encourage a peer support network that will enable them to feel part of the community again.

Whilst we are all having to be careful during the Covid-19 pandemic, we are now running our cafes virtually on Zoom. You can access these from [www.zoom.us](http://www.zoom.us) click on 'Join a meeting' at the top of the webpage and type in the code for the café activity you would like to join. You can choose whether or not to have your video on, we don't mind and you need to allow access to your microphone to be able to chat with us.

### VIRTUAL CAFÉ INFORMATION

**Monday 11am** Quizzes and Games Hour – ZOOM Code **840 5068 2810**

**Monday 1-2pm** Gentle Yoga – ZOOM Code **507 5910 069**

**Tuesday 11am** Mindfulness & Meditation Made Easy-ZOOM Code **890 3329 3289**

**Wednesday 1-3pm** Virtual Wellbeing Café – ZOOM Code **303 939 678**

**Thursday 4pm** Mindfulness & Meditation Made Easy – ZOOM Code **839 8091 8038**

**Friday 1-2pm** Nia Dancing (Simple Movement) – ZOOM Code – **856 5755 6116**



Our virtual cafes offer a welcoming drop-in session with fun activities which is open to adults aged 18 and over.

We have a Facebook Page **The Wellbeing Café Project**

Email [Loughboroughwellbeing@gmail.com](mailto:Loughboroughwellbeing@gmail.com)

We have a Facebook Page- **The Wellbeing Café Project**

Further Facebook groups affiliated with the project and Charnwood Arts are -

**MakeSpace Step-Up-** Which is a group to share creative ideas and show what you have been making, maybe from the kits that we are producing.

**Haisolation-** A Haiku writing group for you to experiment with this short form of poetry and share your Haiku's and pictures.

**Every Brilliant Thing-** Run by LPT Arts in health team. Connect creatively and get weekly inspiration

Email [Loughboroughwellbeing@gmail.com](mailto:Loughboroughwellbeing@gmail.com)

If you would like a craft pack to help you at this time then please message the Wellbeing Café Project on Facebook or on the email address above. We have several kits which include sewing, collage and simple weaving. We will need your postal address and if possible your email address and phone number. The kits may be hand delivered or posted

These initiatives are funded by

