

We would like to extend our thanks to the organisations, tutors & venues that are our delivery partners for the Active Minds 2024 programme.

If you would like any further information about specific Active Minds projects contact details for the project leads are listed below:

Dance for Dementia

DanceWest

info@dancewest.co.uk

Sing Hammersmith

HF Dementia Action Alliance

info@HFDAA.org

WalkWell

peggycoles02@gmail.com /

paulamerrony@yahoo.co.uk

Refugee Cricket

Fulham Cricket Club

info@fulhamcricketclub.com

Tai Chi/Qigong

Virgin Active Fulham

jenniechan1@gmail.com

Zumba

Virgin Active Fulham

solarisssunstar@yahoo.com

Estate Based Family Sports (Boxercise)

London Sports Trust

youthclub@londonsportstrust.org

50+ Table Tennis

Sands End Arts &

Community Centre

youthclub@londonsportstrust.org

50+ Gym & Swim

Virgin Active Fulham

youthclub@londonsportstrust.org

70+ Exercise (Residents only)

Olive House

youthclub@londonsportstrust.org

Bingo

Earls Court Community Hub:

HF DAA

info@HFDAA.org

Mental Health Workshops for Young People (12 -16 years)

NHS

Olivia.McMorran@westlondon.

nhs.uk

Hoops & Harmony Basketball

Basketball Nxtion

info@basketballnxtion.com

ACTIVE MINDS

WELLBEING PROGRAMME FOR 18+

2024



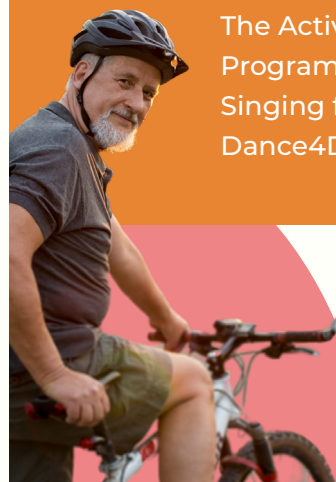
The Active Minds 2024 programme which starts in January has been developed by the H&F Sports Development Team in partnership with Public Health and local organisations.

We are offering FREE wellbeing activity sessions which are fully inclusive and dementia friendly for H&F residents who are 18+.

Table Tennis, Tai Chi, Wellbeing Walks, Swimming and other activities.

The sessions will demonstrate the impact of community activities which bring together residents of many ages, abilities and interests to maintain positive mental health.

The Active Minds Programme includes: Singing for Wellbeing, Dance4Dementia,



For further information about the programme and how to register onto sessions scan the QR code or visit:

lbhf.gov.uk/active-minds



If you would like further information please email **debbie.peters-mill@lbhf.gov.uk** or call **07949 244253**

TIMETABLE OF EVENTS

TERM ONE 15 January - 28 March 2024

ACTIVITY	DAY	VENUE	TIME	COST TO PARTICIPANT	START DATE	INSTRUCTOR
Sing Hammersmith	Thu (1st and 3rd Thu of month)	Glasshouses Ravenscourt Park	11am - 12:30pm	FREE	18/01/24	HF DAA info@hfdaa.org
Young People's Mental Health Workshops	12/02, 01/04, 27/05, 04/06, 02/07, 17/09, 01/10	QPR (Loftus Rd)	Tbc	FREE	12/02/24	NHS Olivia.McMorran@westlondon.nhs.uk
Cricket	Sat	South Park	7 - 8:30pm	FREE	20/04/24	Fulham Cricket Club info@fulhamcricketclub.com
Tai Chi/Qigong	Wed	Fulham Pools, SW6 7ST	3:30 - 4:30pm	FREE	17/01/24	Spectra Wellbeing jenniechan1@gmail.com
Zumba	Fri	Fulham Pools, SW6 7ST	12 - 1pm	FREE	19/01/24	Solariss Ade solarissunstar@yahoo.com
Dance for Dementia	Tue	Fulham Pools, SW6 7ST	10:30 - 11:30am	FREE	16/01/24	DanceWest info@dancewest.co.uk
Estate Based Family Sports - Boxercise	Tue	Our Lady of Fatima Church, White City	12:00 - 1:30pm	FREE	17/01/24	London Sports Trust
Table Tennis	Tue	Sands End Arts & Community Centre	4:30 - 6:30pm	FREE	16/01/24	London Sports Trust
Over 50's Gym & Swim	Mon	Fulham Pools, SW6 7ST	12 - 1:30pm	FREE	22/01/24	London Sports Trust
WalkWell - Riverside Walk	Wed	Hammersmith Apollo	11:00 - 12:30pm	FREE	17/01/24	Paula Merrony paulamerrony@yahoo.co.uk
WalkWell - Parsons Green Walk	Wed	Lilyville Surgery	11:00 - 12:30pm	FREE	17/01/24	Peggy Coles peggycoles02@gmail.com
WalkWell - W12 Walk	Thu (2nd and 4th Thu of month)	QPR Lotus Road	11:00 - 12:30pm	FREE	25/01/24	Peggy Coles peggycoles02@gmail.com
Bingo	Thu	Earls Court Community Hub, W14 9NF	6:30 - 8:15pm	£1 per book (cash only)	18/01/24	HF DAA info@hfdaa.org
Inclusive Seniors Tennis	Mon	Queens Club, W14 9EQ (until outdoors in spring)	2:00 - 2:45pm	FREE	15/01/24	Kate Maurici Kate.Maurici@queensclubfoundation.co.uk
Inclusive Swim Session	Mon (1st and 3rd Mon of month)	Fulham Pools, SW6 7ST	12:00 - 2:00pm	FREE	05/02/24	HF DAA info@hfdaa.org