



MY MIND  
MATTERS



*Your local charity improving lives*

# HARBOROUGH WINTER WELLBEING SUPPORT PROGRAMME: 1st November- 1st March

My Mind Matters works in partnership with local organisations and community support groups to provide a programme of daily activities which are shown to improve and maintain wellbeing.

Keeping safe and warm this winter, our activities are moving online so we can continue to build community and stay socially connected through challenging times. Open and free to join for those living in Harborough District 18+.

To find out more information about the My Mind Matters project and see how we can help you please contact us via phone or email.

Call us on : 01858 411 383

Email us on : [mindmatters@vasl.org.uk](mailto:mindmatters@vasl.org.uk)

Visit our website: [www.vasl.org.uk](http://www.vasl.org.uk)



Part of your local



VASL 1st Floor Torch House, Torch Way ,  
Northampton Road, Market Harborough Leics LE16 9HL  
Charity No 1141274 Reg Company No 7517828



# Monday

## Mindfulness and Meditation 1pm – 2pm

Start the week off well by quietening your mind and letting go of all worries and stress . Join us for an hour of calm every Monday over the winter months

For more information and to reserve a space call 01858 411383 or email [mindmatters@vasl.org.uk](mailto:mindmatters@vasl.org.uk)



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Website: [www.vasl.org.uk](http://www.vasl.org.uk)

Tel: 01858 433232  
Twitter: [@vaslonline](https://twitter.com/vaslonline)





# Friday

**FURRY FRIENDS: 1pm—2pm**

**ALL PETS WELCOME:**

Bring your beloved cats/ dogs/ rabbits/ hamsters and birds online to meet and greet one another and talk to fellow animal lovers about all the joy they bring to your life! Guest appearance from Finley the whippet.

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# Tuesday

**Weekly WORKOUT: 11—12**

Make sure you are staying active this winter, even if it is indoors. Join us for some light stretching and exercise to get our hearts pumping and all the good brain chemicals going.

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# Wednesday

## Winter warmer coffee morning 11—12

Positive Mental Health Coffee Mornings are a great opportunity for people to engage with others and grow their local social support network. Brew up a cuppa and join us to talk about current events, book and tv recommendations and general uplifting chatter

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# Thursday

## Social Games Afternoon: 1pm—2pm

Playing games is FUN and can increase positive emotion. **N:Gage Social Drop-In** is a weekly, supportive group that gets together to enjoy an hour of conversation, sharing ideas and making connections with others.

This group provides an opportunity open to all adults 18+ to socialize, and enjoy a lighthearted game of anything from

Bingo to Pictionary to general knowledge quizzes. Prizes and a trophy to be won each week!

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