



Part of your local Mental Health Wellbeing and Recovery Service funded by:



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

Harborough Spring 2021 Wellbeing Support Programme

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.

Our activities are continuing 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

Visit our website: www.vasl.org.uk

Part of your local Mental Health Wellbeing and Recovery Service funded by:



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



For more information and to reserve a space call 01858 411383 or email mindmatters@vasl.org.uk



VASL 1st Floor Torch House, Torch Way,
Northampton Road, Market Harborough Leics LE16 9HL
Charity No 1141274 Reg Company No 7517828
Email: admin@vasl.org.uk
Website: 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.

For more information and to reserve a space call 01858 411383 or email mindmatters@vasl.org.uk



Tuesday

Weekly Workout: 11am-12 noon

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.

For more information and to reserve a space call 01858 411383 or email mindmatters@vasl.org.uk





Wednesday

Spring Coffee Break 11am-12noon

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

For more information and to reserve a space call 01858 411383 or email mindmatters@vasl.org.uk



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!

For more information and to reserve a space call 01858 411383 or email mindmatters@vasl.org.uk

