

Organisation	Writing	Theatre	Dance	Arts & Crafts	Textiles	Media	Music	Film	Artform	Offer	Target Audience	Target Audience	Location(s)	Contact	Borough
Mind in Croydon - Active Minds	X		X	X			X		Paints, stencils, Yoga	Mind in Croydon is working to promote good mental health. They do this by offering services and education which involves service users and carers in the planning to raise awareness surrounding mental health. They offer a range of open events where you can visit and take part in activities such as painting, music making and other workshops.	All Ages	People with mental health problems	26 Pampisford Road, Purley, Surrey, CR8 2NE	Phone: 020 8668 2210 Email: admin@mindincroydon.org.uk	Croydon
Imagine	X			X		X			Paintings, photography, writing	Imagine has a positive approach to mental health and promotes opportunities for people with mental health problems. Imagine encourages people to live a full and independent life in Croydon. They offer activities such as photography, arts, writing classes, as well as exhibiting the work made by its members. People are encouraged to attend the open sessions to take part.	All Ages	People with mental health problems	CVA Resource Centre, 82 London Road, Croydon, CR0 2QL.	0208 253 7078	Croydon
Croydon Association for Pastoral Care in Mental Health	X			X	X				Yoga, creative writing, painting/art	Croydon APCMH offers a wide range of activities and open session around Croydon and South Croydon including art workshops, wellbeing programmes, and creative writing workshops. These sessions are there to promote a better understanding on mental health and to support people in the community as individuals.	People with mental health problems		APCMH, St. Mildred's Community Centre, Bingham Road, Addiscombe, CR0 7EB	020 8654 4010	Croydon

Healing Waters	X		X	X					Arts and Crafts, Cinema, Painting, Photography, Talent Events	Healing Waters was established in April 2006 in response to the lack of culturally and socially appropriate service provision to BME Mental Health Learning Disabilities service users within the borough of Croydon and neighbouring boroughs. They provide a very wide variety of activities including photography, creative writing and a cinema session.	BME Service Users	Mental Health/Learning Difficulties Service Users	Healing Waters, Park House, 4th Floor, 22 Park Street, Croydon, CR0 1YE	Email: info@healingwaters.org.uk Phone: 020 3326 0437	Croydon
Bethlem Gallery				X					Exhibitions	The Bethlem Gallery was founded in 1997 to showcase the inspirational talents of artists who have experienced mental health difficulties from South London and Maudsley NHS Foundation Trust.	All Ages		The Bethlem Gallery, Bethlem Royal Hospital, Monks Orchard Road, Beckenham, Kent, BR3 3BX	020 3228 4101	Croydon
Ashcroft Theatre Club			X						Speaker/Entertainer Night to meet casts of plays	Come to the Ashcroft Theatre club for meeting with other members and a speaker/entertainer for around an hour. Then there is a buffet and a free raffle. You get the chance to meet the cast from plays and ask questions. There is also discounts available for some shows at the Ashcroft Theatre.	Ages 60+	Mainstream	The 60+ Club, 58 Addiscombe Road, Croydon, CR0 5PH	020 8680 0084 mail@croydon60plusclub.co.uk	Croydon
Croydon Knitting group					X				Knitting, Crocheting and all types of needlework	Croydon Knitting Group is a friendly informal group of knitters and crocheters of a variety of ages who meet up for a chat, some stitching, a drink and a laugh, cake optional. Anyone and everyone is welcome, of all skill levels.	All Ages	Mainstream	Where: Cafe Nero, the Alders end of George St (near the George St tram stop), Croydon (Saturday) The Green Dragon Pub, High Street, Croydon, CR0 1NA (Thursday) When: The first Saturday of every month at Cafe Nero from 2.30pm The third Thursday of every month at the Green Dragon Pub from 6pm	croydonknittinggroup@googlemail.com	Croydon

BellyFunk101			X						Jamaican Dancehall, Belly Dancing, Street Dancing, Dance Fusion	BellyFunk101 offers classes for all ages, it mixes three different dance styles together. The classes are high energy and are a great way to improve your fitness.	18+ Adults	Mainstream	Venue changes per session	http://www.croydononline.org/leisure/dance/list-fse.asp?wtt=6726	Croydon
Joy of Sound							X		Making music, relaxation, yoga	The aim of Joy of Sound is to promote social and economic inclusion through music and the creative arts. Joy of Sound has workshops where people in the community can meet, socialise and make music together as well as take part in group therapies such as yoga and gong healing. There are drums classes, talks with musicians and open jams with everyone involved.	People with mental health problems		Joy of Sound, 28 Peckford Place, London, SW9 7BP	info@joyofsound.net	Lambeth
SHARP	?	?	?	?	?	?	?	?		"The Social, Hope and Recovery Project (SHARP) provides community-based care and treatment for people, aged 18-65, with severe mental illness including psychosis. This involves distorted perceptions of reality – thinking, feeling, hearing and seeing – often with symptoms of hallucinations and delusions. They provide care for people who live in the London Borough of Lambeth."	People with severe mental problems	People living in Lambeth	308-312 Brixton Road, London, SW9 6AA	020 3228 7050/1	Lambeth

198 Gallery					X	X	X			Exhibitions and Youth Workshops incl. Graphics, Illustration and Photography (for Ages 13-19)	“198 is a pre-eminent cultural space in Brixton, which explores the rich diversity of artistic practices informed by globalisation and emerging cultural identities. We foster creative synergies through a challenging artistic and education programme, which explores economic and social change; and their effects on visual culture.” – 198.org.uk	All Ages (Workshops for ages 13-19)		198, Contemporary Arts and Learning, 198 Railton Road, SE24 OJT	http://www.198.org.uk/index.htm	Lambeth
Extant	X	X	X				X			Performing arts, Magic, Writing, Music,	Extant is a professional performing arts company for the visually impaired that offers a range of workshops including beginners magic, dancing classes, and music groups. It is situated in the oval house theatre in Lambeth	For the visually impaired		Extant The White House, Oval House Theatre, 52-54 Kennington Oval, London, SE11 5SW	Tel: 020 7820 3737 info@extant.org.uk	Lambeth
B3 Media	X						X			Digital Media, Showcasing of films/art	At B3 we make connections between Britain's multi-cultural communities and the UK's creative industries - uniting the power of digital media with the creative potential of emerging artists and film makers. All of our activities are focused on finding and nurturing new talent and connecting this talent with industry. - B3Media.net	Mainstream		B3 Media, P.O. Box 41000, London, SW2 1XN	Tel : 02072742121	Lambeth
Raw Music Media						X	X	X		Digital Media and Music Making	Raw Material's mission is to empower and enable young people by providing high quality education, training, professional development and experience with achievable and measurable outcomes. - RawMusicMedia.co.uk	Young Adults	People with mental health issues	Raw Material, 2 Robsart Street, London, SW9 0DJ	hello@rawmusic.co.uk	Lambeth

Age Exchange			X						Dance, Visual and Performing Arts, Exhibitions	Age Exchange are also running a creative arts and reminiscence programme for mental health service user in South London, funded by the South London and Maudsley Charitable Funds. Throughout the 3 years of activity Age Exchange will work closely with SLAM NHS Trust's professional nursing and care staff in order to ensure that service users who would most benefit from the creative activities and initiatives on offer, are referred to the programme.	Older people		Blackheath, SE3 9LA	020 8318 9105	Lewisham
Arts lift Project			X	X	X	X	X		Arts, crafts and textiles, dance, design technology, fashion, media and music.	Arts Lift Project - arts project offering support for people experiencing depression, anxiety or stress (free to referred clients from GPs, practice nurse or counsellors). Arts, crafts and textiles, dance, design technology, fashion, media and music.	People experiencing depression, anxiety and stress		2 Brockley Rise, Greater London SE23 1PR		Lewisham
Entelechy Arts			X	X			X	X	Theatre, music, dance and video events and performances.	Entelechy is a participatory arts company working with people of all ages, abilities and backgrounds to produce high quality theatre, music, dance and video events and performances. They work with both adults and young people who have profound and multiple disabilities. Many company members who have complex disabilities may not be able to see, read or hear for or by themselves. Physical disabilities combined with learning disabilities prevent them from expressing in words their experiences, interests and needs. Movement, the body and its senses provide the ways and means for expression and communication.	Variety of courses suitable for all ages.	People with mental health problems	The Albany, Douglas Way, London SE8 4AG	020 8694 9007	Lewisham

GLYPT		X		X				X	Film, Drama, Art, Photography	Youth Arts gives young people the chance to work with professional artists in a theatre, gain confidence, learn new skills and make or perform new work. The group is for young people who love creative activities but might not want to join other groups for various reasons.	Ages 11-16's	People with learning difficulties/mental health issue	The Tramshed, 51-53 Woolwich, New Road, London, SE18 6ES	020 8854 1316	Lewisham
IRIE!			X						Dance	IRIE! dance theatre delivers a range of creative, educational and artistic activity, based on stimuli derived from Africa and the Caribbean; the company aims to promote culture and diversity through training, outreach, performance and inspired partnerships. As part of the IRIE! programme at Moonshot, users will have access to a variety of workshops and courses in dance, music, health, fitness and well-being. These disciplines are supported by a cultural archive with media and library resources.	All Ages		The Moonshot Centre, Fordham Park, Angus Street, New Cross, SE14 6LU	020 8691 6099	Lewisham

Squeaky gate		X					X		Music/Drama	Work with vulnerable groups and those at risk of exclusion such as homeless people and people with mental health issues. They provide both regular and one-off workshops with a mixture of theatre and drama and extensive music playing courses.	People recovering from mental illness		2nd Floor, Deptford Mission Creek Road, Deptford, London, SE8 3BT	020 8692 0233	Lewisham
Sydenham garden				X			X		Arts/Crafts and Fitness and Gardening	Sydenham garden provides a variety of sessions focused around creativity. They currently run three gardening groups and two arts groups throughout the week with plans to start a new fitness course.	People experiencing mental health problems		28 Wynnell Road London SE23 2LW	020 8291 1650	Lewisham
Carers Lewisham							X		Music	Singing/music workshops with young carers run by Lisa Finn Powell and Neil Valentine	Carers		Waldram Place, London SE23 2LB	020 8699 8686	Lewisham
Copleston Creative Therapies Project				X			X		Cooking, Pilates, Music, Art	Copleston creative therapies provide free culturally sensitive and creative therapeutic interventions for the residents of Southwark with mental health concerns. Their aim is to offer services that will improve the lives of those dealing with issues surround their mental health. They offer several sessions to make sure people in the area have access to activities or groups that they will find helpful. The services include art therapy, music therapy, cooking classes, counselling, Pilate's classes and music workshops.	People with mental health problems		Copleston Centre, Southwark	020 7732 5880 www.coplestoncentre.org.uk	Southwark

Blackfriars Settlement Art2 Print	X			X	X				Graphic Design/Production	Blackfriars is currently developing a service to encourage social enterprise and entrepreneurship. Our their project, Art2Print, is a graphic design training and production business. They are creating business opportunities and work experience placements for users of our mental health and well-being service. Participants work with professionals to develop their creative and business skills, such as publishing, graphics, print technologies, book-keeping and management. Art2Print have already worked on a number of commissions including flyers, leaflets and posters. They are also developing the Blackfriars Settlement brand, website and other publications.	People with a good knowledge of computers looking to improve their graphic design skills		Great Suffolk Street centre in London SE1	020 7928 9521	Southwark
Cooltan arts	X			X	X				Art workshops	"Do you have experience of mental distress? Do you have a personal budget or access to direct payments? Find out about CoolTan Arts and how we can support you. You could join a workshop run by and for people with mental distress – get out of the house, meet like-minded people, learn something new, have fun, visit galleries, get your work exhibited. CoolTan Arts' main workshops are for people with mental health related needs. You can drop by the gallery and see what's on."	People with mental health problems		237 Unit B, Walworth Road, London, SE17 1RL	020 7701 2696	Southwark

HAT (healing arts team)				X				Art workshops, Kundalini Yoga, Exhibitions	The Healing Arts Team (HAT) chooses to gather as a group to find out what healing arts truly are for ourselves. HAT is a space to explore our full human potential. Each one of us shares strengths, challenges and wisdoms we've learnt along the way and actively participates in helping in the running of the project to the benefit of conscious community. Groups include art workshops, yoga and exhibitions.	People with mental health problems			www.uponatime.co.uk	Southwark
Mental Fight Club	X						X	Lectures, performances, readings	Mental Fight Club is a user-led group, open to all, which emerged in 2003/04 from a creative association of around 200 individuals who met to present and listen to the eight sections of Ben Okri's epic poem 'Mental Fight'. Mental Fight Club holds regular events which are open to all, to promote the pursuit and understanding of mental well-being. Events include lectures, performances, readings and exhibitions drawing from the experience of all fields of human endeavour, the arts, sciences, philosophy, religion and sport etc.	People with mental health problems			0207 378 1768 http://www.into.org.uk/mentalfightclub	Southwark
Animate Projects	X			X		X	X	Arts, animations	Animate Projects is a not-for-profit arts organisation that develops initiatives that explore the relationship between art and animation. They offer artists a unique space to create work for exhibition in gallery, cinema, broadcast and online spaces.	People living in Southwark		Animate Projects Ltd., 89 Borough High St, London SE1 1NL	info@animateprojects.org	Southwark
Age Exchange			X	X			X	Creative arts	Age Exchange are also running a creative arts and reminiscence programme for mental health service user in South London, funded by the South London and Maudsley Charitable Funds. Throughout the 3 years of activity Age Exchange will work closely with SLAM NHS Trust's	Older people	People with mental health difficulties.	Blackheath, SE3 9LA	www.age-exchange.org.uk	Southwark

Poetry School	X							Poetry, writing, readings	The Poetry School offers a programme of classes to teach adults to write poetry. From the ongoing commitment of a year-long course to a burst of inspiration from a one-day workshop, we offer poets of all levels the opportunity to improve their skills. We are open to everyone, regardless of qualifications or experience.	Ages 18+	Mainstream	Lambeth Walk SE11 6DX	www.poetryschool.com	Southwark
Mind and Soul Choir		X					X	Choir	A community choir aimed at improving individuals wellbeing as well as breaking down barriers and stigma associated with mental health problems through the shared pleasure of singing, all abilities welcome.	People with mental health problems and staff working with people	All Ages	Maudsley Hospital, Denmark Hill, Southwark, SE5 8AZ	mindandsoul@rocketmail.com	Southwark
Dulwich Picture Gallery				X				Exhibitions						Southwark
Silver Views				X				Exhibitions	Silver Views is an open submission exhibition, curated for the second year running by Lucy Wilson and Alex Julyan and situated in the stunning contemporary spaces of Cafe Gallery Projects, Southwark Park. Works by regular contributors, first timers and senior groups are exhibited side by side, giving a unique opportunity for amateur artists to exhibit alongside professionals.	Southwark Senior Residents		Café Gallery @ Southwark Park	www.southwark.gov.uk/silver	Southwark
Exhibitions				X				Exhibitions	23rd of January - 30th of March 2012 Exhibiting art by Efraim Vidal	Service user artists to exhibit	general public and IOP/SLAM etc	MRC SGDP Centre, Institute of Psychiatry, Memory Lane, De Crespigny Park, London, SE5 8AF	0207 848 0873 Zarsheesh.Divecha@kcl.ac.uk	Southwark

One in Four Film Festival								X	Film Festival	<p>"MedFest was founded in 2010 by Dr Kamran Ahmed, as the UK's first Medical Film Festival. It is run by a group of trainee psychiatrists and is supported by the Public Education Committee of the Royal College of Psychiatrists. Our first festival, run in 2011, explored "The Image of Doctors in Film". "</p>	People with mental health problems				
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