Day Centre Timetable: October 2026

Isledon Road

Please refer yourself and meet with staff before attending for the first time: www.islingtonmind.org.uk/refer

76-80 Isledon Rd, N7 7LB | Tel: **0203 301 9850 opt. 3** | Tube: **Finsbury Park** | Bus: **4, 29, 153, 253, 254, 259**

Monday

Art Room: 1pm-7:30pm

Computer Room 1-6:30pm

Jewellery Making: 1:30-3:30pm

Gardening Group: 1:30-3:30pm

DROP-IN: 2:30-6:30pm*

Paranoia Group: 3-4pm

Young Adult's Group (18-30yrs)*: 3:30-7:30pm

OCD & Hoarding Support Group: 5:15-6:30pm

Depression & Low Mood Group: 6:30-7:30

Tuesday

Art Room: 10:30am-3:30pm

Qi Gong (Gentle Movement): 11am-12pm

Computer Room: 10:30am-3:30pm

1:1 Music Therapy
By appointment only

Music Therapy Drop-in Group: 3:30-4:20pm

Wednesday

Art Room: 10:30am-3:30pm

Computer Room: 10:30am-3:30pm

Get Active Sports Group: 2:30-3:30pm
Table tennis, pool, badminton, basketball and more

Offsite:
Boxing Group: 11am-12pm at Islington Boxing Club, 20 Hazellville Road, N19 3LP

Thursday

Art and Computer Rooms: 10:30am-3:30pm

Row, Ride and Weights Exercise Group: 11-12pm or 12-1pm

Men's Pie Club: 2-4pm

Online:
Meditation (via zoom): 1-1:45pm

Friday

DROP-IN: 11AM-3PM*

Music Room 11am-12pm

Art + Computer Rooms: 11am-3pm

Bereavement Group: 11:05am-12pm

Gentle Yoga: 12-1pm
Not on 25th Sep

Lunch: 1-1:45pm £4

Film Club: 2-4pm

Hearing Voices Group: 2:30-3:30pm
Speak to Saskia before joining

Chess Club: 2:30-4pm

Welfare Benefits Clinic
By appointment only

*Drop-in sessions: Registered clients can relax with free tea & coffee and get support with staff/volunteers without an appointment
Outside of our drop-in sessions staff aren't able to meet with clients without a pre-booked appointment

Day Centre Timetable: October 2026

Despard Road

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48 Despard Road, N19 5NW | Tel: **0203 301 9850 opt. 4** | Tube: **Archway** | Bus: **43, 143, 210, 263, W5**

Monday

Art Room (Availability varied - please check with Katie): 11am-3pm

Computer lessons with Phillip: 11am-3pm
By appointment only

Cooking class with Diana: 11am-2pm
Sign up with staff

Tuesday

DROP-IN 11AM-3PM*

Music Room: 11am-12pm

Art Room: 11am-3pm

Men's Resilience Group: 12-1pm
Support group for men, inclusive of trans men

Key Changes Music Production: 12-4pm
By apointment only

Free Lunch: 1-1:45pm

Creative Writing Group: 2-3:30pm

Welfare Benefits Advice
By appointment only

Wednesday

DROP-IN 11AM-3PM*

'Life in the UK' test Study Group: 11am-12pm

Gentle Mindful Movement with Mandy: 11am-1pm

Art Room: 1pm-3pm

Anxiety Group: 12-1pm

Lunch: 1-1:45pm £4

Computer Gaming Group: 1:30-2:30pm

Music Appreciation Group with Eliza: 2-3pm

Open Access Jam Group with Daniel: 3-4pm

Thursday

Meditation (All genders): 10:30am-11:15am
Speak to Kim before joining

WOMEN'S DAY DROP-IN: 11:30AM-3:30PM*
Drop-in + activities below are for women, inclusive of trans women:

Art Room: 11:30am-3:30pm

Women's Day Workshops:
Oct 15 11:30-12:30pm Sleep to Support Mental Health
Please sign up with staff

Lunch: 1-1:45pm £4

Oct 22 2:30pm-3:30pm
Breathwork
Please sign up with staff

Friday

Art Lesson with Ashley: 11am-12:30pm

Art Room: 12:30-3:30pm

Drumming Group: 1:30-2:30pm

Piano Practice: 11am-3:30pm

*Drop-in sessions: Registered clients can relax with free tea & coffee and get support with staff/volunteers without an appointment
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