

Chat 1st is an Award Winning Programme

'An exercise intervention and coping mechanism for those struggling with poor mental health'

All sessions are delivered by fully qualified instructors with peer support from those with lived experience*

*All fully qualified in mental health first aid



Chat 1st Timetable of activities 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Community Garden St Peters Church Hutton FREE 10.00-12.00		Community Garden St Stephens Church Brentwood FREE 10.00-12.00		YOGA The Knights Way Centre, Brentwood FREE for referrals* 10.30-11.15
Chatty Cafe Thurrock/Brentwood Mind Hub 2 The Keys, Warley CM13 3BP FREE 11.00-12.00	Chatty Walk Brentwood FREE 10.00-11.00	Tai Chi Brentwood Theatre FREE for referrals* 11.15-12.00	Monthly Brentwood Tea Dance - Adult SEN and Dementia Friendly Nightingale Centre, Warley, Brentwood £5.00 11.00-13.00	Chatty Walk Chelmsford FREE 10.00-11.00		
	Youth Wellbeing Hub, Brentwood Yoga & Boxing The Hermit, Brentwood 11-18 years FREE 17:00-20.00	Youth Wellbeing Hub, Chelmsford Boxing & Multi- Sports Galleywood Youth Centre, Chelmsford 11-18 years FREE 17:00-20.00	Youth ActivAte After School Club Hutton Community Centre 5-11 years FREE 17.00-19.00			

*Email chat1stwellbeing@gmail.com to book a place

School Holiday - Essex ActivAte Holiday Clubs

Brentwood and Chelmsford

Supported holiday clubs for children aged 5-11 years focused on mental wellbeing



	Tea Dance dates:	19th May 23rd June 28th July 25th August	22nd September 20th October 17th November 15th December
		St Stephens Community Garden starting Friday 10th June	

	Chatty Cafe - Starting Monday 16th May
	Tai Chi - Starting Wednesday 8th June (exclusion dates 29/6 and 13/7)
	Yoga Starting Sunday 12th June (exclusion dates 26/6, 10/7 and 17/7)

