

**The Front Room April 10th – June 26th
Every Friday 10:30am –12:30pm**

Drop in to safe space to ‘cool off’ and ‘labrish’, share and learn about things that are of everyday importance to you.
In person access open to Men & Women.

Other returning groups to be announced soon!

Referral Criteria:

Our service is available to those who live or work in the London Boroughs of Hackney, Waltham Forest or the City, with Mild to Severe complex Mental Health needs.

If you wish to refer to us, complete a referral form, or would like further information, please contact us by:

Telephone: 020 8985 3153

If you reach our voice mail, please leave a message with your contact details & we will get back to you

Email: iriemind@mindchwf.org.uk

Completing a referral form at:

<https://chwellbeingnetwork.london/>

Other services we provide

- **Counselling and Psychotherapy**
- **IAPT-** Improving Access to Psychological Therapies
- We also run Open Access events for residents of City and Hackney- Meet people in the community, give and receive support and maintain your wellbeing: **www.chwellbeingnetwork.london/open-access**

How to find us

15a, Homerton Row London, E9 6ED
Bus- 242, 394, 425, W6 and 308. The Hub is 1min from the Hospital grounds.
Overground- Nearest stop **Homerton**



IRIE Mind is open from 10am to 4.45pm on Monday, Thursday and Friday



**Timetable of Wellbeing Activities
April – June 2026**

Designed to Promote and Champion Positive Mental Health in the Black, African and Caribbean Communities

IRIE Mind is funded by



IRIE Mind C.I.C (registered UK CO number 14848798)

Activities for April, May, June 2026

GROUP NAME	DESCRIPTION	DAY		
<p>Nyam your way to Better Health</p> <p>April 20th May 18th June 22nd</p>	<p>Book in advance. Join us each month to discover foods that boost your wellbeing. Learn easy homemade recipes, watch live demos and rebuild a healthy relationship with food. In person access open to Men & Women.</p>	<p>Monday 10:30am – 12:30pm</p>	<p>Thursday</p>	<p>Friday</p>
<p>Pampering</p> <p>May 7th - June 4th</p>	<p>Book in advance. Designed for pure indulgence: a ten-minute foot spa, a fifteen-minute foot massage, and a five-minute relaxation covered with a blanket to feel snug. Pampering will enhance mood, sleep, and general overall wellbeing. In person access open to Men & Women.</p>		<p>10:00am – 1:00pm</p>	
<p>Coping with Low Self Esteem</p> <p>April 20th - June 1st</p>	<p>Book in advance. This workshop is designed to help you understand where self-esteem comes from and how to nurture it. Through guided reflection and evidence-based tools, you'll learn how to challenge negative thoughts and self-criticism. Embrace strengths, and rewrite unhelpful patterns with compassion. Hybrid access open to Men & Women.</p>	<p>10:30am – 12:00pm</p>		
<p>Coping with Stress</p> <p>April 30th - June 4th</p>	<p>Book in advance. This workshop to help you understand stress, why it builds up, and how it affects you. Through practical tools and guided exercises, you will learn effective strategies to manage stress and bring balance back. Hybrid access open to Men & Women.</p>		<p>1:30pm - 3:00pm</p>	
<p>Black Men's Group</p> <p>Apr 20th May 18th June 1st, 15th, 29th</p>	<p>Drop in. A hybrid safe non-judgemental space for Black African & Caribbean men to connect, meet and greet to discuss the things that matter. Open to men</p>	<p>2:00pm - 3:00pm</p>		
<p>Managing Anger</p> <p>June 8^h June 22nd</p>	<p>Book in advance. Managing Anger and Difficult Emotions is two- sessions for people who are actively struggling with anger and intense emotions, and who are not yet in a place where they can commit to a more structured course. Components of MADE has improved emotional regulation, reduced self-harm and crisis episodes. Hybrid access open to Men & Women.</p>	<p>10:30am - 12:30pm</p>		
<p>Music Therapy</p> <p>April 30th May 28th June 25th</p>	<p>Book in advance. Improve mental health, emotional resilience, and community connection through culturally rooted music therapy practices. We'll honour African & Caribbean musical traditions while providing practical coping strategies and creative outlets for mental health, wellbeing and stress relief. Hybrid access open to Men & Women.</p>		<p>2:00pm - 3:00pm</p>	
<p>Wellbeing Within Women's Group</p> <p>Apr 30th May 28th June 25th</p>	<p>Drop In. A monthly hybrid safe non-judgemental space for Black African & Caribbean women to connect, meet and greet to discuss the things that matter. Open to women.</p>		<p>2:00pm - 3:30pm</p>	
<p>Sleep Hygiene</p> <p>Apr 27th May 25th June 29th</p>	<p>Book in advance. Sleep's benefits include boosting our mood, reducing stress, and helping with anxiety. If you're having trouble sleeping, knowing how to sleep better can make a huge difference. Hybrid access open to Men & Women.</p>	<p>3:00pm - 4:00pm</p>		