

Wilson Wellbeing

In Partnership with



Championing wellbeing services and activities
for the East Merton community

What is the Wilson Wellbeing?

The Wilson Wellbeing is an integral part of the new health and wellbeing hub that is planned for The Wilson Hospital in Mitcham. As part of the interim provision, the Wilson Wellbeing Steering Group has developed a bright and modern space where the community can engage in, develop and benefit from a wide range of wellbeing services and activities locally.

The space is now relaunched by the Wilson Wellbeing Steering Group in partnership with Jigsaw4u, a specialist wellbeing support provider already working in the community. There is a schedule of drop-in activities available including coffee mornings, arts and gardening clubs, and mental health support and signposting. Services will be developed ongoing in collaboration with local partners and in response to the needs of residents.

The facility contains various bright and attractive spaces which are available to book and provides a perfect venue for small groups to gather, and for workshops or meetings of organisations delivering wellbeing services and activities for the benefit of East Merton residents. There are 5 meeting rooms appropriate for individual and small group work, a larger public space for groups of up to 15, and use of a beautiful community garden.

Who is the Wilson Wellbeing for?

Anyone residing in, or adjacent to, the East Merton community who has a wellbeing need which could be supported by engagement with services on offer at the Wilson Wellbeing centre.

The comfortable and accessible indoor spaces, and community garden, can be used as an occasional or reoccurring setting for Community groups of all interests and sizes to meet and base their activities.

Rooms can also be booked for use by Organisations delivering wellbeing support to the local community.

Activities and Services – March 2024

All day, every day

- **Smoothie Bikes.** Like smoothies? Want a little exercise? Come and make yourself a smoothie by pedalling on one of our bikes.
- **Give a Book a Home.** Our Book Bank is now open!

Mondays

- **Under 5s Story Time, 10:15am - 11:15am (drop-in).** Come and listen to some stories and stay to play afterwards.

Tuesdays

Creative Club, 10:30am - 12pm (drop-in). Anything goes at this arts & crafts free-for-all. Meet like-minded people and express your creativity.

- **Helping Hands coffee morning - domestic abuse support, 10am - 12pm (drop-in).** Visit for a coffee in a warm, safe, confidential space to speak to someone and seek advice and support.
- **One You Merton Health and Wellbeing clinic (by appointment).** Supporting people to make better lifestyle choices and improve their health.

Wednesdays

- **Table Games and Tea, 10:30am - 12:30pm (drop in).** Come to play a board game or put together a puzzle.
- **After-school Lego Club, 3:30pm - 4:30pm (drop in).** Fun and friendly Lego-building club for ages 4-11.
- **Knit and Natter, 1pm - 3pm (drop in).** Meet others with a shared interest in knitting.

Activities and Services – March 2024 - continued

Thursdays

- After-school Spanish Conversation, 3:30pm - 4:30pm (drop in).

Fridays

- Mindful Colouring, 10:00am - 11:30am (drop in). Explore the quiet joy of colouring.
- Social Prescribing for Young People in East Merton and Morden, 09:30am - 1pm (by appointment).

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Upcoming Events – March 2024

- Clothes Bank, Thursday 28th March 10am - 12pm. Free good condition second-hand clothes available.
- Colour Confidence, Tuesday 26th March. Explore how colour can help you feel energised and empowered.

Wellbeing space & community garden



Spaces available to hire

If you are an organisation delivering wellbeing services and activities for the benefit of East Merton residents then the Wilson Wellbeing offers several spaces available for hire. Please contact wilsonwellbeing@jigsaw4u.org.uk for more information.

Room 1 (R1) : Up to 3 people.

Room 2 (R2) : Up to 3 people.

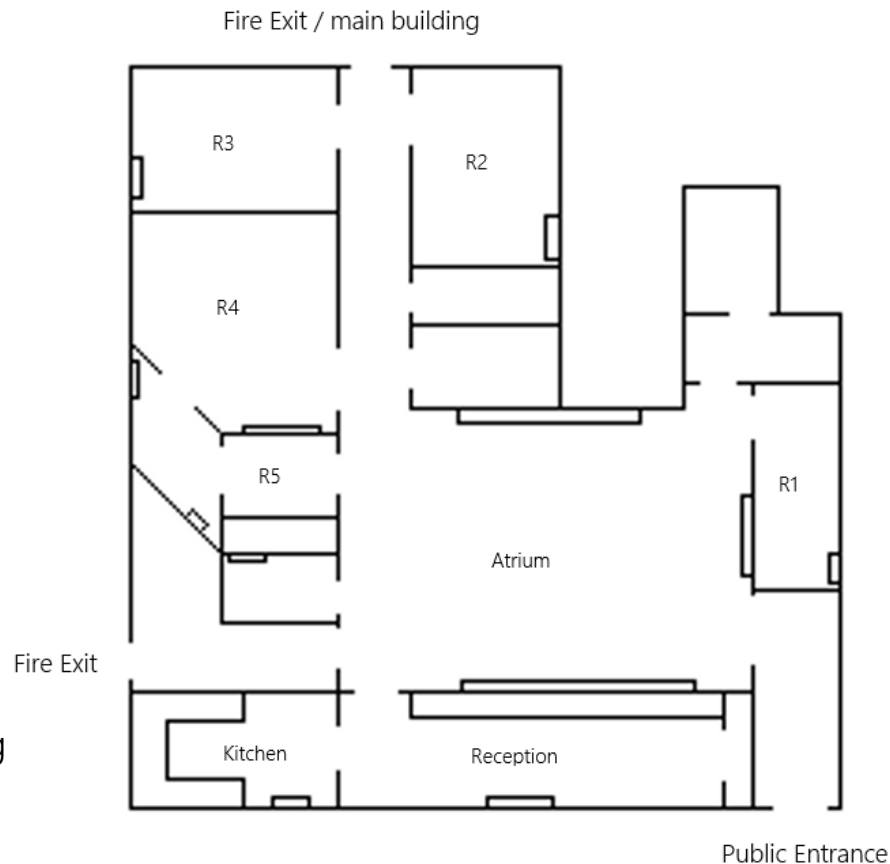
Room 3 (R3) : Up to 4 people, wheelchair accessible

Room 4 (R4) : Up to 6 people, with adjoining kids play space, wheelchair accessible.

Atrium : Up to 15 people. This space is not private but is ideal for larger groups to meet & for drop-in activities.

Wilson Hall : Up to 30 people. For larger events and activities.

The entire Wellbeing space (Atrium and all adjoining rooms) can also be hired together, please contact wilsonwellbeing@jigsaw4u.org.uk to discuss.



How to find & contact us

To discuss hosting your Community group at the Wilson Wellbeing, or to explore booking the space for your Organisation's needs, please contact us.

We also advise making contact ahead of attending one of our Core Activities to ensure space availability, and for all enquiries relating to the Food & Clothes bank.

- Website: www.wilsonwellbeing.com
- Email: wilsonwellbeing@jigsaw4u.org.uk
- Telephone: 0208 617 3270
- Our location: The Wilson Hospital, Cranmer Road, Mitcham, CR4 4TP
- Travel options: Bus routes: 118, 127, 200, 201, S1, N44
10minutes from Mitcham Tramlink Station
FREE parking onsite



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Led by the community, for the community

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