

## Creative Health Projects Open to Referral – January 2026 update

Project	Dates/Times	Location	Cost	Target participants	Contact/registration information
<p><b>Liberty Springboard Hub</b> a safe welcoming space for girls and women with experience of the criminal justice system and beyond. 1-2-1 mentoring, advice, creative activities, or just a chat. Refreshments provided.</p>	<p>First Thursday of every month 12-2 pm:            8 Jan            5 February            5 March            2 April            7 May            4 June</p>	<p>West Croydon Baptist Church Whitehorse Road CR0 2JH</p>	<p>FREE</p>	<p>Women, women with experiences of criminal justice system, women with adverse experiences, women needing support with mental health (stress, anxiety, depression) or social isolation</p>	<p>No registration/referral required – just drop in.</p> <p>Email <a href="mailto:barbara.holder@libertyspringboard.co.uk">barbara.holder@libertyspringboard.co.uk</a> for more information</p>
<p><b>Croydon Harmony</b>, Join professional singers from Pegasus Opera Company for a no-pressure, fun-filled choir experience! Sing old favourites and create new songs while making friends. No prior singing experience required.</p>	<p>Thursdays 10.30am -12pm until the end of March</p>	<p>St Stephen's Church, 9 Warwick Rd, Thornton Heath CR7 7NH</p>	<p>FREE</p>	<p>For Windrush elders, especially those in need of mental health or social support</p>	<p>Ring Harriet on 07547939517 or email <a href="mailto:harriet@pegasusoperacompany.org">harriet@pegasusoperacompany.org</a> to find out more and sign up</p>
<p><b>No Drama</b> Fun, no pressure drama workshops for adults to meet others, and have fun trying out new activities. No prior theatre experience or interest required. Come along to meet others, build confidence and lift your mood!</p>	<p>Wednesdays, 1.30-3.30pm from 28 January – 25 March</p> <p>Drop ins or occasional attendance welcome.</p>	<p>Stanley Arts, 12 South Norwood Hill, London, SE25 6AB</p> <p>Fully accessible</p>	<p>FREE</p>	<p>Adults in need of mental health or social support; Unemployed adults</p> <p>Inclusive of learning disability, neurodivergence, ESOL, queer-affirming</p>	<p>Email <a href="mailto:johnny@goodwolfpeople.co.uk">johnny@goodwolfpeople.co.uk</a> to register or ask any questions</p> <p>You are welcome to drop in to have a look before deciding to join.</p>

<p><b>Woodside Community Pop In – Over 65’s fun music group</b> A fun, chatty over 65` s group focusing on Live Music Entertainment and regular exercise to keep elders happy and mobile</p>	<p>Tuesdays, 10:00-12:30</p>	<p>Woodside Baptist Church, Spring Lane, SE25 4SP</p> <p>Good access, accessible toilets</p>	<p>FREE</p>	<p>Older people, especially those needing support with: loneliness/isolation, mental health (low mood, depression, anxiety), keeping physically active, dementia, long-term conditions</p>	<p>Call Lynda Graham on 07876455704</p>
<p><b>Craft and Connect</b> 6-week crochet workshop for Croydon mums! Connect, create and unwind in a supportive space. No experience needed. Materials provided. Meet like-minded mums, learn a new skill, relax in a child-free environment.</p>	<p>Tuesdays, 5.30-8.00pm from 3 February to 10 March (inclusive)</p> <p>Attendance at all sessions recommended but not required</p>	<p>Selsdon Road, South Croydon, CR2</p>	<p>FREE</p>	<p>Croydon mums, especially from global majority and/or low income</p>	<p>Email <a href="mailto:info@bluelotuscollective.org">info@bluelotuscollective.org</a> or sign up via eventbrite: <a href="https://www.eventbrite.com/cc/crochet-and-connect-croydon-4788673">https://www.eventbrite.com/cc/crochet-and-connect-croydon-4788673</a></p>
<p><b>Textile Repair Cafe ‘Sewcial’ club</b> Whether you like to knit and natter, crochet and chat, or stitch and share, you will find a welcoming space that makes a pleasant change from sitting at home on your own. Please note, these sessions are not tutor-led, though you may find another participant can help guide or point you in the right direction if you need technical help. For sewing, crocheting or other lessons, paid-for sessions are available by the same group.</p>	<p>Tuesdays, 1-3pm</p> <p>Drop in or one-off attendance welcome. Booking is recommended as spaces are limited.</p>	<p>Ground floor of the Whitgift centre, near M&amp;S and Boots.</p>	<p>FREE</p> <p>If you prefer to book a class with a tutor, sessions usually cost around £20.</p>	<p>Open to anyone. Especially useful for adults at risk of social isolation or loneliness.</p>	<p>Visit <a href="#">Textile Repair Cafe - Green Croydon</a> for more information or to sign up for any sessions of interest.</p>

<p><b>Let's Move!</b> 10-week dance and movement sessions for postpartum mums (6+ weeks). Bring your baby along and enjoy fun dance sessions with other new parents, led by expert instructors.</p>	<p>Tuesdays, 10.15-11.30am, from 20 January to 24 March</p> <p>Attend as many as possible, or come along to try one!</p>	<p>Waddon Leisure Centre, CR0 4RG</p>	<p>FREE</p>	<p>Postpartum mums (6+ weeks), especially those from global majority, low income, or ESOL communities.</p> <p>Supports wellbeing, loneliness and gentle physical activity.</p>	<p>Register at <a href="http://www.majesticmindscic.org">www.majesticmindscic.org</a> or call Tyra on 07392764176</p>
<p><b>'Craft-Tea' Sessions</b> Playful art, music and story sessions for people living with dementia and their carers. Join others to draw, paint, share songs, stories, biscuits and more.</p>	<p>Fortnightly on Wednesday mornings, 11am-1pm from 14 January to 20 May 2026 (inclusive)</p>	<p>Stanley Arts, 12 South Norwood Hill, London, SE25 6AB</p> <p>Fully accessible</p>	<p>FREE</p>	<p>People living with dementia and their family carers</p>	<p>Book your spot via the website: <a href="https://stanleyarts.ticketsolve.com/ticketbooth/shows/1173661759">https://stanleyarts.ticketsolve.com/ticketbooth/shows/1173661759</a></p> <p>[Ignore the Promo code box – sessions are FREE]</p>
<p><b>Dance for Health</b> Join fun dance sessions designed to boost strength, balance and mobility in a welcoming, creative environment. No dance experience needed – all sessions are led by experienced instructors and include seated and standing options to suit all levels.</p>	<p>Every other Tuesday, 11am-12pm on the following dates:</p> <p>2, 16 Feb 2, 16, 30 March 13 April</p>	<p>Stanley Arts, 12 South Norwood Hill, London, SE25 6AB</p> <p>Fully accessible</p>	<p>FREE</p>	<p>Ages 55+</p>	<p>Book your spot via the website: <a href="https://stanleyarts.ticketsolve.com/ticketbooth/shows/1173661762">https://stanleyarts.ticketsolve.com/ticketbooth/shows/1173661762</a></p> <p>[Ignore the Promo code box – sessions are FREE]</p>
<p><b>Knit and Knatter</b> Join a friendly group for knitters of all abilities. Bring along a knitting project and get ready to sit alongside and chat – if desired – with other interested knitters.</p>	<p>Fridays, 14:00-15:30</p>	<p>New Addington Library, 61 Central Parade, New Addington, CR0 0JD</p>	<p>FREE</p>	<p>Open to adults of all ages. Optimal for people needing support with social isolation or mental health (stress, anxiety, low mood)</p>	<p>Booking not required, just drop in! To speak to someone before attending, call 020 7884 5205</p>

<p><b>Knit and Knatter</b> Join a friendly group for knitters of all abilities. Bring along a knitting project and get ready to sit alongside and chat – if desired – with other interested knitters.</p>	<p>Tuesdays, 10:30-12:00</p>	<p>Ashburton Library, Shirley Road, Croydon, CR9 7AL</p>	<p>FREE</p>	<p>Open to adults of all ages. Optimal for people needing support with social isolation or mental health (stress, anxiety, low mood)</p>	<p>Booking not required, just drop in! To speak to someone before attending, call 020 7884 5175</p>
<p><b>Knitting and adult colouring</b> Bring along a project or use colouring materials provided during this weekly craft group focusing on knitting and mindful colouring.</p>	<p>Saturdays 10:00-11:30</p>	<p>Coulsdon Library, Brighton Road, Coulsdon, CR5 2NH</p>	<p>FREE</p>	<p>Open to adults of all ages. Optimal for people needing support with social isolation or mental health (stress, anxiety, low mood)</p>	<p>Booking not required, just drop in! To speak to someone before attending, call 020 7884 5180</p>
<p><b>Mindfulness colouring</b> Are you looking to find a moment of peace and tranquility in your busy day? Discover the power of mindfulness colouring in these monthly sessions designed to reduce stress, improve focus and enhance overall wellbeing.</p>	<p>2<sup>nd</sup> Saturday of the month, 14:30-16:00  (Next session 14 February)</p>	<p>Norbury Library, Beatrice Avenue, Norbury, SW16 4UW</p>	<p>FREE</p>	<p>Open to adults of all ages. Optimal for people needing support with social isolation or mental health (stress, anxiety, low mood)</p>	<p>Booking not required, just drop in! To speak to someone before attending, call 020 7884 5215</p>
<p><b>Crochet and Knitting Club</b> Bring along a knitting or crochet project and enjoy the company of others interested in crafts.</p>	<p>Wednesdays 2-4pm</p>	<p>Selsdon Library, Addington Road, South Croydon, CR1 8LA</p>	<p>FREE</p>	<p>Open to adults of all ages. Optimal for people needing support with social isolation or mental health (stress, anxiety, low mood)</p>	<p>Booking not required, just drop in! To speak to someone before attending, call 020 7884 5190</p>

<p><b>Reading Retreat</b> Read along, join the conversation or just listen as a bite-size story or poem is shared. A great way to reconnect with the pleasure of reading, meet new like-minded people or improve your English.</p>	<p>Mondays 13:30-15:00</p>	<p>Coulsdon Library, Brighton Road, Coulsdon, CR5 2NH</p>	<p>FREE</p>	<p>Open to adults of all ages. Optimal for people needing support with social isolation or mental health (stress, anxiety, low mood) or with English as a second language</p>	<p>Booking not required, just drop in! To speak to someone before attending, call 020 7884 5180</p>
<p><b>Shared Reading</b> Join a small group and a trained Reader Leader to read a great novel, short story or poem aloud, and have the chance to talk about what you have just heard. There is no need for group members to read aloud or speak – it's fine to just listen!</p>	<p>Tuesdays 14:00-15:00</p>	<p>New Addington Library, 61 Central Parade, New Addington, CR0 0JD</p>	<p>FREE</p>	<p>Open to adults of all ages. Optimal for people needing support with social isolation or mental health (stress, anxiety, low mood)</p>	<p>Booking not required, just drop in! To speak to someone before attending, call 020 7884 5205</p>
<p><b>For the Love of Music</b> Stay and Play event for families with SEND children – including African drumming, biscuit decorating and creative arts and crafts. Meet other families and have a great, creative time with no pressure.</p>	<p>Saturday 21 February, 1-5pm</p>	<p>Canterbury Centre, Croydon, CR0 3HH</p>	<p>£3.75 for child + parent, add'l tickets £3.75</p>	<p>Families with children with SEND</p>	<p><a href="#">For The Love of Music at Canterbury Centre event tickets from TicketSource</a></p>
<p><b>Take Part in Art</b> Join others looking for a fun, creative session in nature. Free arts and craft sessions in the beautiful grounds of Holmesdale Community Garden will create upcycled art using materials destined for landfill. No prior experience required.</p>	<p>Saturdays 7, 14, 21, 28 March, 11am-3pm  One-off or occasional attendance welcome.</p>	<p>Holmesdale Community Garden, 108 Holmesdale Road, SE25 6JF</p>	<p>FREE</p>	<p>Adults needing support with social isolation or mental health (stress, anxiety, low mood)</p>	<p>Text Ian on 07721 966 637 to book or find out more</p>

<p><b>Queer Croydon Trans Youth Support</b> Monthly sessions for trans young people ages 16+ to meet others and try their hands at various creative activities.</p>	<p>Monthly sessions through March 2026</p> <p>Next session: Thurs 19 February, 5.30-7.30pm (photography)</p>	<p>Monthly sessions</p> <p>Next session: Croydon Central Library, Croydon, CR9 1ET</p>	<p>FREE</p>	<p>Trans people ages 16+, especially those experiencing social isolation, loneliness, low mood/depression, anxiety, low self-esteem</p>	<p>Visit <a href="https://queercroydon.com/events/">https://queercroydon.com/events/</a> for more info and date/locations of future meetings</p>
<p><b>Queer Croydon Creative Wellness Meetup</b> Monthly sessions for LGBTQ+ adults to come together, take part in creative activities and create supportive bonds.</p>	<p>Monthly sessions through March 2026</p> <p>Next session: Sun 22 February, 10.30-12.30</p>	<p>Monthly sessions</p> <p>Next session: Stanley Arts, 12 S Norwood Hill, London SE25 6AB</p>	<p>FREE</p>	<p>LGBTQ+ people ages 18+, especially those experiencing social isolation, loneliness, low mood/depression, anxiety, low self-esteem</p>	<p>Visit <a href="https://queercroydon.com/events/">https://queercroydon.com/events/</a> for more info and date/locations of future meetings</p>
<p><b>Creative Wellbeing Programme for Children with Experience of Domestic Abuse</b> Weekly after-school sessions support children aged 5-10 years old to improve wellbeing, emotional literacy and healthy attachment behaviours. Led by registered therapists and artists.</p>	<p>Tuesdays in term time, 13 January – 24 March 2026</p> <p>4-5.15pm: 5-7 yr olds 5.30-6.45pm: 8-10 yr olds</p> <p>Families must join by end of January 2026. Future cohorts will be announced.</p>	<p>South Norwood area, exact location shared once registered.</p>	<p>FREE. Meals and transport support provided.</p> <p>A parallel parent group and a creche for non-project age siblings is available.</p>	<p>Children aged 5-10 with experience of domestic abuse.</p> <p>For families still living with the perpetrator, evidence of previous statutory service engagement and no abuse within the past 6 months.</p> <p>For families separated from the perpetrator, no abuse within 1 month.</p>	<p>More information available online: <a href="https://www.culturecroydon.com/home/creative-health-croydon/creative-wellbeing-programme-for-children-with-experience-of-domestic-abuse/">https://www.culturecroydon.com/home/creative-health-croydon/creative-wellbeing-programme-for-children-with-experience-of-domestic-abuse/</a></p> <p>Email <a href="mailto:CreativeHealth@croydon.gov.uk">CreativeHealth@croydon.gov.uk</a> or call Marine on 0735619 4605 for more information or to register</p>

<p><b>Creative Programme for girls in Years 7-10 finding school challenging due to suspected/diagnosed autism</b> Led by neurodivergent artists, sessions provide low duress, neuro-affirming spaces for girls to be themselves, get creative, make friends and improve wellbeing.</p>	<p>Mondays in term time, 19 January – 23 March 2026  1.15-2.45pm  Occasional attendance, or joining to try one session, welcome.</p>	<p>Story Sanctuary (old Sanderstead Library), Farm Fields, South Croydon CR2 0HL  Free on-street parking.</p>	<p>FREE</p>	<p>Girls (or people Assigned Female at Birth) finding school difficult (whether currently attending or not) due to autism (no diagnosis required) or similar behaviours, e.g., high anxiety and/or sensitivity.  Further details on link in next column.</p>	<p>More information available online: <a href="https://www.culturecroydon.com/home/creative-health-croydon/creative-programmes-for-y7-10/">https://www.culturecroydon.com/home/creative-health-croydon/creative-programmes-for-y7-10/</a>  Email <a href="mailto:CreativeHealth@croydon.gov.uk">CreativeHealth@croydon.gov.uk</a> or call Georgia on 07356100391 for more information or to register.</p>
<p><b>Lego Club!</b> Calling all Lego fans! Come along to our Lego Club sessions at Central Library. Use your imagination &amp; join us for a fun filled brilliant building afternoon.</p>	<p>Fridays 16:30-17:30</p>	<p>Central Library, Katharine Street, Croydon</p>	<p>FREE</p>	<p>Children ages 5-11. Inclusive for SEND/neurodivergence.</p>	<p>Currently fully booked, but join the waiting list online to be notified if spaces open up: <a href="https://croydon.events.mylibrary.digital/event?id=314576#waitingList">https://croydon.events.mylibrary.digital/event?id=314576#waitingList</a></p>
<p><b>Croydon Vision</b> Weekly artist-led workshops where adults with sight loss can engage in a range of creative activities to boost confidence, encourage social interaction and support wellbeing.</p>	<p>Wednesdays, 1.30-3pm  Currently funded to allow subsidised fees through March 2026</p>	<p>Bedford Hall, 72-74 Wellesley Road, Croydon, CR0 2AR</p>	<p>£6</p>	<p>Adults with sight loss, low mood, anxiety, loneliness</p>	<p>020 8688 2486 or <a href="mailto:info@croydonvision.org.uk">info@croydonvision.org.uk</a></p>

<p><b>New Addington Creative Writing Group</b> Weekly writing workshops for adults in New Addington to express themselves and make friends. No experience necessary, facilitated by supportive professionals. Sessions focus on topics requested by the group.</p>	<p>Tuesdays, 10:00-12:00</p> <p>Currently funded through end of February 2026</p>	<p>Fieldway Family Centre, New Addington, CR9 0AZ</p>	<p>FREE</p>	<p>Adults with mental health needs, social isolation, loneliness</p>	<p>Contact Mo on 07833120641 to register.</p>
<p><b>Thrive Choir</b> A free weekly singing group at Music Relief Foundation is open to adults waiting for NHS treatment and/or feeling emotionally drained or disconnected. No experience is required, and sessions will support participants to get to know each other, sing, write songs and (if desired) perform! Music genres will be selected by participants' interests and backgrounds, so there is something for everyone!</p>	<p>Mondays, 12:00-14:00</p> <p>Currently funded to run through end March 2026</p>	<p>Thornton Heath Leisure Centre, 100 High Street, CR7 8LF</p>	<p>FREE</p>	<p>Adults, on NHS treatment waitlists, loneliness, low mood/depression, anxiety, low self-esteem</p>	<p>Call 0208 683 2922 or email <a href="mailto:info@music-relief.org">info@music-relief.org</a> and let them know your social prescriber or GP has referred you to book your place.</p>
<p><b>Association for Pastoral Care in Mental Health: Art Group</b> Therapeutic art group exploring thoughts and ideas through creative arts projects. Run by a trained art therapist, the group is particularly suitable for those wanting to improve their wellbeing.</p>	<p>Fridays, 2-4pm</p>	<p>Small Hall, St Mildred's Centre, 30 Bingham Road, Croydon, CR0 7EB</p>	<p>FREE</p>	<p>Adults, low mood, depression, anxiety, loneliness, low self-esteem, low wellbeing</p>	<p>For more information call 020 8654 4010 or email <a href="mailto:admin@croydon-apcmh.co.uk">admin@croydon-apcmh.co.uk</a></p>

<p><b>Association for Pastoral Care in Mental Health: Creative Writing Group</b> Express yourself and connect with others through creative writing in a calm, supportive group. Run by a trained therapist, this group is particularly suitable for those wanting to improve wellbeing.</p>	<p>Fridays, 5-7pm Currently funded to run through end March 2026</p>	<p>Cedar Room, St Mildred's Centre, 30 Bingham Road, Croydon, CR0 7EB</p>	<p>FREE</p>	<p>Adults, low mood, depression, anxiety, loneliness, low self-esteem, low wellbeing</p>	<p>For more information text 07520 648 092 or email <a href="mailto:admin@croydon-apcmh.co.uk">admin@croydon-apcmh.co.uk</a></p>
<p><b>AgeUK Memory Tree Cafe: Norbury Hall</b> Sessions for people living with dementia and their carers to take part in fun, creative activities and stay cognitively active together.</p>	<p>1<sup>st</sup> and 3<sup>rd</sup> Monday of each month, 2-4pm Currently funded through March 2026</p>	<p>Norbury Hall</p>	<p>FREE but registration required</p>	<p>People living with dementia and their family carers</p>	<p>Email <a href="mailto:memorytreecafe@ageukcroydon.org.uk">memorytreecafe@ageukcroydon.org.uk</a> or call 0208686 0066 to register</p>
<p><b>AgeUK Memory Tree Cafes: South Croydon</b> Sessions for people living with dementia and their carers to take part in fun, creative activities and stay cognitively active together.</p>	<p>2<sup>nd</sup> and 4<sup>th</sup> Monday of each month, 2-4pm Currently funded through March 2026</p>	<p>James Terry Court, 90 Haling Park Rd, South Croydon CR2 6NF</p>	<p>FREE but registration required.</p>	<p>People living with dementia and their family carers</p>	<p>Email <a href="mailto:memorytreecafe@ageukcroydon.org.uk">memorytreecafe@ageukcroydon.org.uk</a> or call 0208686 0066 to register</p>