

Creative Health

Get creative in Croydon!

From Bollywood to knitting, take a look at just some of the creative things you can get involved in in Croydon this summer.

Activities key



Children/
young people



Music



Creative writing/
reading/drama



Dance



Dementia



Visual arts/
crafts



Outdoors

For children and young people

Croydon Libraries



Visit your local library for fun, child-friendly sessions focused on singing, reading and creative activities to support children and carers, including **Rhyme Time** (for under 5s and their carers), **Ready Road** (supporting ages 3-5 to get school-ready), **Book Buddies / Storytime** sessions (stories and themed crafts for ages 4-8) and more.

Visit <https://croydon.events.mylibrary.digital/> to find your local library's schedule.

Croydon Music & Arts



Learn to play an instrument, play alongside others or develop your music-writing skills with Croydon Music & Arts. A wide range of term-time options – both in- and out-of school – are available for children in Years 1+.

Visit <https://www.croydonmusicandarts.co.uk/> for full details.

For children with SEND, check out these inclusive offers:

<https://www.croydonmusicandarts.co.uk/learn-with-us/inclusion-and-access/>

If you would like to share information about your own creative health project, please email CreativeHealth@croydon.gov.uk

Music Relief Foundation



Take part in group or private lessons to learn instruments and develop your musical skills.

Email info@musicrelief.org for more information.

Respect The Game



Weekly music production sessions using creative writing, recording and performances to build confidence and skills for young people ages 4-18 with an interest in music production.

Contact rtgmedia.tv@gmail.com for more information.

White Hut Studios Music & Mentoring Programme



Develop musical skills through 1:1 mentoring with a professional musician, for children in care or other challenging circumstances.

Email info@whitehutstudios.com for more information.

Story Sanctuary



Visit the new Story Sanctuary, formerly Sanderstead Library, for a wide range of family-friendly activities.

Visit <https://thestorysanctuary.org.uk> for more information.

A Collective @ The Story Sanctuary Neuroaffirming Support



The Story Sanctuary is run by professional neurodivergent artists from A Collective, and offers activities supporting young people – especially those experiencing burnout or distress – from visual and applied arts to games in neuro-affirming no-duress setting.

Email jill@acollective.org.uk for more information about specific support available.

Legacy Youth Zone



Legacy Youth Zone offer a wide-range of creative activities, from visual art to music production, drama and more, for children ages 8-19 (or 25 with SEND).

Visit <https://legacyyouthzone.org/what-we-offer/> for more information.

INCPA Musical Theatre Summer School



Join professional theatre practitioners to learn the ins and outs of musical theatre for ages 5-11 year olds, Monday 27 to Friday 31 July, £100pp.

Visit www.incpa.org.uk for more information and to book.

Croydon Youth Theatre Organisation (CYTO)



Get involved in theatre, from writing to performing, taking on backstage technical roles or directing with CYTO, for ages 6-19.

Visit <https://www.cyto.org.uk> for more information.

Go Wild With Us



Go Wild With Us offer a variety of outdoor activities aimed at whole families with a range of ages, as well as Forest School inspired holiday activities for children and young people.

Visit <https://www.gowildwithusuk.org/our-offerings-1> for more information.

Creative Wellbeing for Children with Experience of Domestic Abuse



Weekly after-school sessions supporting primary-aged children to improve wellbeing, emotional literacy and healthy behaviours following domestic abuse.

Email CreativeHealth@croydon.gov.uk to express interest in Autumn term sessions.

Play Place in Shirley



Take part in gaming, arts and crafts and other activities at Play Place's new location in Shirley via their Shrublands Youth Club and Shirley Library Gaming Hub.

Visit <https://www.playplaceyouthandcommunity.co.uk/shirley> for more information.

Creative Health

For adults

BollyFun Fit



Fun, weekly Bollywood-inspired dance sessions where you'll also be supported to explore balanced nutrition, mindful eating and positive lifestyle habits to support long-term health and wellbeing. No prior dance experience expected! Particularly for adults who are unemployed or on low incomes, and those from global majority backgrounds.

Email info@apsaraarts.co.uk

Finding Your Flow



Weekly workshops exploring creative techniques such as painting, collage, drawing, textiles and more, designed for all abilities to help reduce anxiety, improve mood and provide a positive focus away from the stresses of life. Saturdays 2:00-4:30pm from 27 June.

Visit <https://btscreatingwellbeing.co.uk> for more information.

KWABO: Coiled Basketry Workshops



Join local artist Fabienne for relaxed and friendly introductions to the traditional art of basketry. Enjoy the calming benefits of creating something unique, connecting with new people and experiencing mindfulness. Saturdays 20 June, 18 July and 22 August, 2:30-4:30pm. Especially for local residents from Global Majority backgrounds in need of support.

For more information, call Fabienne on 07940 492 673.

White Hut Studios - Sound Minds



Fortnightly music production workshops to support men (18+) with mental health needs, creating a supported space to express creativity, manage stress and building confidence. 1st & 3rd Tuesday of the month, 7-9pm.

Email info@whitehutstudios.com for more information.

New Addington Community Creative Writing Group



Weekly writing workshops for adults in New Addington to express themselves and make friends. No experience necessary, sessions are facilitated by supportive professionals and aim to improve wellbeing and help people make new connections with others.

Contact Mo on 07833120641 for more information.

Thrive Singalong



A fun, no-pressure sing-along at Music Relief Foundation supporting adults in the Thornton Heath area who are awaiting NHS treatment, experiencing long-term health conditions or just feeling low, isolated or stressed. Facilitated by supportive professionals, come and experience the joy of singing together, with no pressure or expectations!

Email info@music-relief.org for more information.

Croydon Harmony



Join professional singers from Pegasus Opera Company for a no-pressure, fun-filled choir experience, especially for Windrush elders! Sing old favourites and create new songs while making friends. No prior singing experience required.

Email harriet@pegasusoperacompany.org to find out more.

Croydon Vision Creative Sessions



Adults with vision impairments are invited to take part in weekly creative sessions, including creative writing, cooking, drama and woodworking to support mental health, wellbeing and social connections at Croydon Vision.

Email info@croydonvision.org.uk for more information.

Introduction to Bobbin Lace Making



Join the Museum of Croydon every second Wednesday until September 2026 for relaxed and inclusive workshops introducing bobbin lace making techniques.

Visit <https://museumofcroydon.com/whats-on-listings/introduction-to-bobbin-lacemaking-with-the-croydon-lacemakers-zest5> to book your spot.

Textile Repair Cafe 'Sewcial' Club



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. Drop in sessions or bookable classes with tutor available.

Visit <https://greencroydon.co.uk/textile-repair-cafe/> for more information.

INCPA 4 Day Theatre Summer School



Create and perform a play in one week, supported by professional theatre practitioners. No prior experience required! Tuesday 4th - Friday 7th August 2026. £120pp. For 18years +

Visit www.incpa.org.uk for more information and to book.

Croydon Libraries: Knitting and Craft Groups



Join like-minded adults for knitting, crochet, colouring and crafts at your local library. Open to adults of all ages and perfect for people seeking company or support with low mood, stress or anxiety.

Visit <https://croydon.events.mylibrary.digital/> to find a session in a library near you.

Croydon Libraries: Reading Groups



Read along, join the conversation or just listen as great stories, poems or novels are read and discussed. A great way to reconnect with the pleasure of reading, meet new people or improve your English. There is no need for group members to read aloud or speak – it's fine to just listen!

Visit <https://croydon.events.mylibrary.digital/> to find a session in a library near you.

The Story Sanctuary



Visit The Story Sanctuary (formerly Sanderstead Library) for a wide range of community sessions and activities in a warm and friendly environment, including:

A Common Thread Soft Makers Group: sewing, embroidery, knitting and crochet; **Community Gardening Sessions;** **Book Club;** **Book Swap & Jigsaw Libraries;** **Gamers and Painters:** board games, RPG games, WoW model painting and more.

Visit <https://thestorysanctuary.org.uk> for more information.

Croydon Association for Pastoral Care in Mental Health



Join a no pressure, therapeutic art group to explore your thoughts and ideas through creative art projects. Run by a trained therapist, the group is particularly suitable for those wanting to improve their mental wellbeing.

For more information about this and other groups, visit

<https://www.apcmhcroydon.co.uk/workshops-groups>, call 020 8654 4010

or email admin@croydon-apcmh.co.uk

SLiDE Together



Weekly creative dance workshops for adults with learning disabilities. A mix of free styling, learning movings and dancing with a partner and in small groups. Sessions help develop coordination, balance, fitness, confidence and self-expression while meeting others and having fun!

Email office@slidedance.org or call 07743 639009 for more information.

Club Soda



A community for adults with learning disabilities interested in expressing themselves creatively and learning new skills. Workshops range from photography, filmmaking, podcasting, DJing, music and more.

Visit <https://www.club soda.org.uk/our-workshops> or ring 0300 102 0075 for more information.

Turf Projects: MOSS



MOSS are a collective of learning disabled adult artists from in and around the borough of Croydon. Turf facilitates space for MOSS to hold regular workshops for the artists on Friday afternoons where they are supported in their own artistic practices and work on collaborative projects.

Email info@turf-projects.com to get involved.

Old Palace Clogs



Join a fun and friendly dance club in South Norwood, to learn about Morris dancing in clogs. A mix of traditional and self-choreographed dances.

For more details, contact bagopc@gmail.com.

Carers First



Carers First provide a wide range of support for carers, by carers. Enjoy creative activities and groups, including knitting, gardening or writing.

Visit <https://www.carersfirst.org.uk/croydon/groups-and-events/> or call 0300 303 1555 for more information or to book.

Dance for Health



Join fun dance sessions designed to boost strength, balance and mobility in a welcoming, creative environment for people ages 55+ at Stanley Arts[RL1]. No dance experience needed – all sessions are led by experienced instructors and include seated and standing options to suit all levels.

Book your spot via the website: <https://stanleyarts.ticketsolve.com/ticketbooth/shows/1173661762>

Woodside Community Pop in 65+ Music Group



A fun, chatty group for adults aged 65+ focusing on live music entertainment and exercise to keep elders happy and active.

Call Lynda on 07876455704 for more information.

Museum of Croydon: Art & Joy



Join free fortnightly art sessions for people living with dementia and their carers at the Museum of Croydon. Explore artworks from the Croydon collection and try your hand at a wide range of artistic techniques. No experience necessary.

Sign up at <https://museumofcroydon.com/artandjoyform> or email museum@croydon.gov.uk for more information.

Purley 'A Place to Be' Dementia cafe



A friendly, welcoming social space providing meaningful interaction, stimulation and a sense of routine for people living with dementia and peer support for their carers at St Marks Church.

For more information email placetobestmarks@gmail.com or call 020 8668 0063.

Woodside Baptist Church: Memory Cafe & Singing for the Brain



A welcoming space for those living with dementia and their carers to talk, share stories and get to know each other over drinks and snacks. Stay on for an afternoon Singing for the Brain session to sing a variety of songs you know and love in a fun and friendly environment.

Call Steve on 07722 192 852 for more information.

St Matthew's Church: Singing for the Brain



Join Singing for the Brain sessions for people living with dementia and their carers and take part in fun vocal warm-ups and sing a wide variety of familiar and new songs. The group is hosted by friendly and experienced group leaders.

Visit <https://www.alzheimers.org.uk/get-support/your-support-services/singing-for-the-brain> or call 020 8653 2818 for more information.

Manju Shaheel Foundation Intergenerational Dementia Cafes



Join welcoming intergenerational cafés for people living with dementia and their carers and take part in a wide range of creative activities and talks. Activities are led by different groups and artists each session, including school children, Croydon College students, clinicians and more. Sessions currently available in Coulsdon, Croydon University Hospital and Croydon Clocktower.

Visit www.msfoundations.co.uk for a list of upcoming dates and locations.

Dementia Film Club



Visit David Lean cinema for dementia-friendly film screenings providing an inclusive and enjoyable experience for individuals with dementia and their carers to enjoy the cinema. First Tuesday of each month.

Call 020 3411 1243 for more information.