

Creative Health Projects Open to Referral – June 2026 update

- [Children & Young People](#)
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Children & Young People

Project	Dates/Times	Location	Cost	Target participants	Contact/registration information
<p>Rhyme Time: Croydon Libraries</p> <p>Rhyme Time sessions are held every week in Croydon libraries for children aged 0-5 and their carers. Led by library staff, families take part in singing, rhymes, stories and movement activities to support children's development and family bonding.</p> <p>Especially suited for young families seeking to make connections with other young families.</p>					<p>Ashburton Library (Shirley Road, CR9 7AL): Wednesdays, 10:30-11:00am FREE, no need to book just turn up on the day. For more information call 020 7884 5175</p> <p>Central Library (Katharine Street, CR9 1ET): Tuesdays, Fridays & Saturdays, 11:00-11:30am FREE, call 020 7884 5140 or book via link: Rhymetime At Croydon Central Library Croydon Libraries</p> <p>Coulsdon Library (155 Brighton Rd, CR5 2NH): Thursdays, 11:00-11:30am FREE, call 020 7884 5180 or book via link: Rhymetime At Coulsdon Library Croydon Libraries</p> <p>New Addington Library (61 Central Parade, CR0 0JD): Fridays, 11:00-11:30am FREE, no need to book just turn up on the day. For more information, call 020 7884 5205</p> <p>Norbury Library (Beatrice Ave, SW16 4UW): Thursdays, 11:00-11:30am FREE, no need to book just turn up on the day. For more information, call 020 7884 5215</p> <p>Purley Library (Banstead Rd, CR8 3YH): Tuesdays, 10:30-11:00am FREE, no need to book just turn up on the day. For more information call 020 7884 5160</p> <p>Selsdon Library (Addington Road, CR2 8LA): Wednesdays, 10:30-11:00am FREE, no need to book just turn up on the day. For more information call 020 7884 5190</p> <p>South Norwood Library (Lawrence Rd, SE25 5AA): Fridays, 11:00-11:30am FREE, call 020 7884 5195 or book via the link: Rhymetime At South Norwood Library Croydon Libraries</p> <p>Thornton Heath Library (190 Brigstock Rd, CR7 7JB): Wednesdays, 10:30-11:00am FREE, no need to book just turn up on the day. For more information call 020 7884 5185</p>

<p>Ready Road – Croydon Libraries An Early Years initiative by Croydon Libraries helping children aged 3-5 build the skills and confidence they need to start school.</p> <p>Especially for children starting school in September.</p> <p>Attend as many sessions as you like.</p>	<p>Ashburton Library (Shirley Road, CR9 7AL): Tuesdays 2 June-7 July, 11:00-11:45am FREE, call 020 7884 5175 or book via link: Ready Road Croydon Libraries</p> <p>Central Library (Katharine Street, CR9 1ET): Thursdays 4 June-9 July, 11:00-11:45am FREE, call 020 7884 5140 or book via link: Ready Road Croydon Libraries</p> <p>Coulsdon Library (155 Brighton Rd, CR5 2NH): Tuesdays 16 June-21 July, 11:00-11:45am FREE, call 020 7884 5180 or book via link: Ready Road Croydon Libraries</p> <p>Purley Library (Banstead Rd, CR8 3YH): Thursdays 4 June-9 July, 11:00-11:45am FREE, call 020 7884 5160 or book via link: Ready Road Croydon Libraries</p> <p>Selsdon Library (Addington Road, CR2 8LA): Wednesdays 3 June-8 July, 11:30-12:15pm FREE, call 020 7884 5190 or book via link: Ready Road Croydon Libraries</p> <p>South Norwood Library (Lawrence Rd, SE25 5AA): Thursdays 18 June-23 July, 11:00-11:45am FREE, call 020 7884 5195 or book via the link: Ready Road Croydon Libraries</p> <p>Thornton Heath Library (190 Brigstock Rd, CR7 7JB): Friday 19 June-24 July, 10:30-11:15am FREE, call 020 7884 5185 or book via link: Ready Road Croydon Libraries</p>
<p>Storytime: Croydon Libraries Listen to stories and make a simple craft at themed storytimes at Croydon libraries.</p>	<p>Ashburton Library (Shirley Road, CR9 7AL): Fridays, 11:00-11:30am FREE, no need to book just turn up on the day. For more information call 020 7884 5175</p> <p>Coulsdon Library (155 Brighton Rd, CR5 2NH): Fridays, 4:00-4:30pm FREE, call 020 7884 5180</p> <p>New Addington Library (61 Central Parade, CR0 0JD): Saturdays, 11:00-11:30am FREE, no need to book just turn up on the day. For more information, call 020 7884 5205</p> <p>Norbury Library (Beatrice Ave, SW16 4UW): Tuesdays, 4:00-4:30pm FREE, no need to book just turn up on the day. For more information, call 020 7884 5215</p> <p>Purley Library (Banstead Rd, CR8 3YH): Thursdays, 4:00-4:30pm FREE, no need to book just turn up on the day. For more information call 020 7884 5160</p>

<p>Book Buddies: Croydon Libraries Weekly story time with themed crafts for children.</p>	<p>Ashburton Library (Shirley Road, CR9 7AL): Tuesdays 9-30 June, 4:00-4:45pm for children aged 4-8 years FREE, no need to book just turn up on the day. For more information call 020 7884 5175</p> <p>New Addington Library (61 Central Parade, CR0 0JD): Thursdays 11-25 June, 4:00-4:45pm for children aged 4-8 years FREE, no need to book just turn up on the day. For more information, call 020 7884 5205</p>				
<p>Craft and Story Club: A fun and engaging story, followed by a hands-on craft. It's the perfect way for little ones to explore their imaginations, build early literacy skills, and get crafty with new friends.</p>	Saturdays at 3pm	Thornton Heath Library, 190 Brigstock Rd, Thornton Heath CR7 7JB	FREE	Ages 4-8	Call on 020 7884 5185 or Book via this link: Craft and Story Club Croydon Libraries
<p>Lego Club! Calling all Lego fans! Come along to our Lego Club sessions at Central Library. Use your imagination & join us for a fun filled brilliant building afternoon.</p>	Fridays 16:00-17:30	Central Library, Katharine Street, Croydon CR9 1ET	FREE	Children aged 5-11. Inclusive for SEND/neurodivergence.	To book visit: Lego Club Croydon Libraries
<p>Rhyme Time at Story Sanctuary! Join this fun and relaxed Rhyme Time session full of songs and rhymes. The time is extended to allow for socialising and connecting. <i>This activity is delivered in partnership with Croydon Libraries.</i></p>	Thursdays 1:30-3:00pm. Term time only.	The Story Sanctuary corner of Farm Fields, CR2 0JB	FREE	For families with babies & toddlers.	Please note that you do not need to book. Advanced bookings are preferred to help with preparation but is not essential. For further information click the link: Rhyme Time with Croydon Libraries

<p>Youth Action for Monks Hill Weekly social activities for secondary school aged young people to get involved with.</p> <p>St Francis Church The Lighthouse, 107 Broodcombe CR2 8HR</p>	<p>Vibe Youth Club: Thursdays, 6.30-8.00pm for school years 7-11, including a wide range of creative activities. Food for Body & Soul: Fridays, 6.00-7.30pm for school years 7-13, sharing cooking and nutrition tips and skills.</p> <p>For more information click the link: https://stfrancisselsdon.org.uk/community/ or call 07738 454729 email youthdevelopment@stfrancisselsdon.org.uk</p>				
<p>Creative Wellbeing Programme for Children with Experience of Domestic Abuse: Weekly after-school sessions supporting 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</p> <p>16:00-17:15: 5-7 yr olds</p> <p>17:30-18:45: 8-10 yr olds</p>	<p>Location TBC</p>	<p>FREE. Meals and transport support provided. 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. For families still living with the perpetrator, evidence of previous statutory service engagement and no abuse within 6 months. For families separated from the perpetrator, no abuse within 1 month.</p>	<p>More information available online: https://www.culturecroydon.com/home/creative-health-croydon/creative-wellbeing-programme-for-children-with-experience-of-domestic-abuse/</p> <p>Express an interest for the autumn term by emailing CreativeHealth@croydon.gov.uk or call Marine on 0735619 4605 for more information or to register</p>
<p>Creative Wellbeing for neurodivergent young people struggling to go to school or who are EOTAS. Led by neurodivergent artists, sessions provide low duress, neuro-affirming spaces for young people to develop self-esteem, confidence, make friends and understand more about themselves through a range of activities including visual arts, sewing, collage, animation and many more.</p>	<p>Tuesdays in term time, 2 June – 7 July 2026</p> <p>1.00-3.00pm</p>	<p>Story Sanctuary, Farm Fields, South Croydon CR2 0HL</p> <p>Free on-street parking.</p>	<p>FREE</p>	<p>For young people in Years 6 to 10 who have very low or no school attendance and are disengaged from education. Aimed at neurodivergent, anxious and/or burned-out young people who could benefit from a neuro-affirming space outside the school setting.</p>	<p>More information available online: https://www.culturecroydon.com/home/creative-health-croydon/creative-programmes-for-y6-10/</p> <p>Email jill@acollective.org.uk for more information or to register. You can also arrange a call for you and/or your young person before the session to answer any questions or to support them to feel comfortable attending the sessions.</p>

<p>Croydon Music and Arts (CMA) – Instrumental tuition and ensembles</p> <p>CMA offers tuition on a wide range of instruments and opportunities to play in ensembles with others.</p>	<p>Tuesdays, Fridays and Saturdays, various times – please see timetable at link</p>	<p>Oasis Academy Shirley Park, Shirley Road, Croydon, CR9 7AL</p>	<p>Fees payable, but discounts available. Please get in touch!</p>	<p>Years 3+</p>	<p>Home Croydon Music & Arts Telephone: 020 8681 0909 Email: musicandartseducation@croydon.gov.uk</p>
<p>CMA Mini Music Makers</p> <p>Mini Music Maker sessions are an introduction to music making through singing, dancing and movement. Children will have the opportunity to have fun developing musical skills, knowledge and understanding in a practical multi-sensory way!</p>	<p>Saturday mornings in term time</p>	<p>Oasis Academy Shirley Park, Shirley Road, Croydon, CR9 7AL</p>	<p>£45 per term, discounts available</p>	<p>Children in Years 1 and 2</p>	<p>https://www.croydonmusicandarts.co.uk/learn-with-us/cma-centres-and-activities/saturday-centre/mini-music-makers/ Telephone: 020 8681 0909 Email: musicandartseducation@croydon.gov.uk</p>
<p>CMA Access Music Makers</p> <p>This class gives disabled and neurodiverse young people the opportunity to create their own music and develop musical skills helping them to build confidence, teamwork and social skills.</p>	<p>Saturday mornings in term time</p>	<p>Oasis Academy Shirley Park, Shirley Road, Croydon, CR9 7AL</p>	<p>Fees payable, but discounts available. Please get in touch!</p>	<p>For disabled and neurodiverse children in Years 3-6 (Junior Access) and Years 7+ (Access Music Makers)</p>	<p>Inclusion and Access Croydon Music & Arts Telephone: 020 8681 0909 Email: musicandartseducation@croydon.gov.uk</p>
<p>Music Relief Foundation (MRF)</p> <p>A range of affordable lessons for children age 5+, including keyboard, piano, guitar, drums, violin, viola, clarinet, flute, saxophone, band practice, and choir.</p>	<p>1 to 1 and group sessions available, Monday-Saturday.</p>	<p>Thornton Heath Leisure Centre, CR7 8LF</p>	<p>Lessons from £12.50* for Groups or £16.70* for 1 to 1 sessions.</p>	<p>For children aged 5+</p>	<p>For more information visit call 020 8683 2922, email info@music-relief.org or click to register: Register Your Interest Now For Classes with Us</p>

<p>Respect The Game: Weekly music production sessions using creative writing, recording and performance to build confidence and skills.</p> <p>Participants also gain an Arts Award qualification.</p>	<p>Mondays, 5-8pm</p>	<p>RTG Studio, 25 Stafford Road, CR0 4NG</p>	<p>FREE</p>	<p>4-18 Year-olds with an interest in music production.</p> <p>Especially suited for those with SEMH needs, experience of the criminal justice system or who are NEET.</p>	<p>To register, email rtgmedia.tv@gmail.com or visit: www.rtgmediatv.com</p>
<p>White Hut Studios Music & Mentoring programme offers 1:1 sessions that combine music creation with consistent, trusted mentorship. The programme is designed to support and empower young people. Using music as a point of interest young individuals can discover their talents, express themselves, and learn invaluable skills that extend far beyond the realm of music.</p>	<p>Time and date will be set for one-to-one sessions once the application has been assessed.</p>	<p>White Hut Studios, Unit 22, Vulcan Way CR0 9UG</p>	<p>FREE</p>	<p>Young people facing challenging circumstances such as being in care, young offenders, or struggling with school.</p>	<p>Click on the link to make a referral: Referral: Music & Mentoring. For more information contact email: info@whitehutstudios.com or call 0208 406 0726</p>
<p>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.</p>	<p>Holiday activities: Day camps for children aged 6-11 and 9-13 years old on 23,28,30 July and 3,6,10 and 13 August.</p>	<p>Heartwood Woodland Wellness, Featherbed Lane, CR0 9AA</p>	<p>Prices start from £37 for low-income families. Sibling discounts are also available.</p>	<p>People who enjoy outdoor activities, especially children who may benefit from a non-classroom space including neurodivergent young people, those with ADHD or SMEH needs.</p>	<p>For more information email: office@gowildwithusuk.org or click the link: Our offerings</p>

<p>The Arc Centre offers weekly hands-on learning and unforgettable experiences in animal education.</p> <p>Classes take place at Greenvale Primary School, Sandpiper Road, CR2 8PR</p>	<p>Ad Hoc Mini Rangers: 1-4 year olds, Tuesdays, 9.30-10.15am, £12</p> <p>Animal Ranger 4 - 11 year olds, Tuesdays 4.30-5.15pm, Saturdays 11.45am-12.30pm, Sundays 10-10.45am £70 per term 11-16 year olds, Mondays 4.30-5.30pm or 5.30-6.30pm, £72 per term For anyone interested in becoming a zookeeper or with a love of animals.</p> <p>Aspiring Vets 7-11 year olds, Wednesdays 4.30-5.15pm, £70 per term 11-16 year olds, Tuesdays, Wednesdays 5.30-6.30pm, £84 per term 15-16 year olds, Fridays, 4.15-5.15pm, £84 per term For anyone interested in becoming a vet or veterinary nurse.</p> <p>2 hour Animal Ranger 4 - 11 year olds, Sundays 08.45-10.45am £154 11-16 year olds, Mondays 4.30-6.30pm £132 This 2-hour programme provides a more in-depth session each week. We cover feeding, animal husbandry, enclosure design and AQA UAS too.</p> <p>Ad Hoc Classes 1 - 11 yrs The ARC Centre Weekly Classes 4 - 11 yrs The ARC Centre Weekly Classes 11 - 18 yrs The ARC Centre Weekly Classes The ARC Centre</p>
<p>Legacy Youth Zone is a local charity, offering young people aged 8-19 and up to 25 with additional needs the chance to take part in varied activities that suit their needs and passion.</p>	<p>Beyond Limits Club (8-25 years old) The Beyond Limits Club is dedicated to ensuring all young people aged 8 to 25 with a disability, are able to get involved in the activities they want to. Activities include; boxing and martial arts, arts and crafts, cooking, gaming and so much more! Sessions are adapted for young people with additional needs to enable anyone to access them. They cater to a variety of different needs from mild learning difficulties to more complex needs such as visual impairment and physical disabilities.</p> <p>Junior Club (8-12 years old) With a variety of activities, new things to try and friendships to make, you will never run out of fun! Activities are varied and you can take part in as much or as little as you'd like. We often hold tailored workshops which you can sign up to like DJ Workshops or Army Assault Course Training.</p> <p>Senior Club (13-19 years old)</p>

	<p>A range of projects for all young people to get involved in, enabling you to discover and do new things. Projects include: Legacy Ambassadors, Young Leaders, Media Squad and Youth Mentoring Programme.</p> <p>For more information click the link: What We Offer Legacy Youth Zone or call 020 3976 9990 email reception@legacyyouthzone.org Legacy Youth Zone 125 Whitehorse Rd CR0 2LG</p>
<p>Croydon Youth Theatre Organisation (CYTO) Young people can access a range of workshops ranging from drama, production and technical to filmmaking and acting.</p> <p>Termly fees: £60 for one activity, £80 for two or more (Discounted and bursary places are available)</p>	<p>CREW (12-19 yrs): Production and Technical Theatre: Mondays, 6-8pm For more information, call 020 8655 1098 or click the link: CREW (12-19 yrs): Production and Technical Theatre croydonyouththeatre</p> <p>FIX UP (12-19 yrs): Refurbshing CYTO (Free): Thursdays (Fortnightly) 6:00-8:30pm For more information, call 020 8655 1098 or click the link: FIX UP (12-19 yrs): Refurbshing CYTO (Free) croydonyouththeatre</p> <p>GET REEL (12-19 yrs): Film Making: Thursdays (Fortnightly) 6:00-8:30pm For more information, call 020 8655 1098 or click the link: GET REEL (12-19 yrs): Film Making croydonyouththeatre</p> <p>ACT ONE (6-8yrs): Drama and Acting Workshops: Fridays, 3:45-5:00pm For more information, call 020 8655 1098 or click the link: ACT ONE (6-8yrs): Drama and Acting Workshops croydonyouththeatre</p> <p>ACT TWO (9-11yrs): Drama and Acting Workshops: Fridays, 5:15-6:45pm For more information, call 020 8655 1098 or click the link: ACT TWO (9-11yrs): Drama and Acting Workshops croydonyouththeatre</p> <p>ACT THREE (12-14yrs): Drama and Acting Workshops: Fridays, 7:00-8:30pm For more information, call 020 8655 1098 or click the link: ACT THREE (12-14yrs): Drama and Acting Workshops croydonyouththeatre</p> <p>WRITE UP (12-19yrs): Playwriting Workshops: Saturdays, 4:45-6:15pm For more information, call 020 8655 1098 or click the link: WRITE UP (12-19yrs): Playwriting Workshops croydonyouththeatre</p>

<p>Flagship Pre and Post Bereavement Support Service: Jigsaw4u offer therapeutic 1:1 sessions, Early Support, Family meetings and Group work children & families who are affected by illness or are bereaved of a loved one.</p>	<p>Arranged following referral</p>	<p>Croydon area</p>	<p>FREE</p>	<p>0-18 year-olds and their families who are affected by a life-limiting illness or bereaved of a family member or close relation.</p>	<p>You can self-refer for the Pre and Post Bereavement service: https://jigsaw4u.org.uk/what-we-do/pre-post-bereavement/</p>
<p>Club Soda: Soda Jam is for young people interested in playing music and live performance. The sessions are suitable for beginners and those with existing skills.</p>	<p>Various</p>	<p>46-47 Trinity Court, Whitgift Centre, Croydon CR0 1UQ</p>		<p>For anyone with a learning disability aged 15-25</p>	<p>For more information visit https://www.clubsoda.org.uk/our-workshops or contact rebecca@clubsoda.org.uk 0300 102 0075</p>

Adults

Project	Dates/Times	Location	Cost	Target participants	Contact/registration information
<p>KWABO: Coiled Basketry Workshop. This relaxed and friendly workshop introduces the traditional art of coiled basketry. Enjoy the calming benefits of creating something unique, connecting with new people and supporting your mental wellbeing by encouraging mindfulness. No previous basketry experience is required.</p>	<p>Saturdays, 20th June, 18th July, 22nd August, 2.30- 4.30pm</p>	<p>Studio Upstairs, 82 London Road, CR0 2TB</p>	<p>FREE</p>	<p>Open to all but especially Croydon residents from Global Majority backgrounds, and adults on a low income.</p>	<p>To book call 07940 492 673</p>
<p>Mummy Writes: A 4-week baby-friendly creative writing group designed to help new mums recharge, destress, and find their creative voice.</p>	<p>Tuesdays: 16th June- 7th July, 11am-1pm</p>	<p>Samuel Coleridge-Taylor Centre (Family Hub), 194 Selhurst Rd, SE25 6XX</p>	<p>FREE</p>	<p>For new mums feeling isolated, tired, or looking to connect with other local mums.</p>	<p>To register click the link: Creative writing workshops for mums or email: familyhubs@croydon.gov.uk</p>
<p>White Hut Studios-Sound Minds: Fortnightly music production workshops to support men with mental health needs. Creating a space to express creativity, manage stress and building confidence.</p>	<p>1st and 3rd Tuesday of the month, 7- 9pm June 2026 – March 2027</p>	<p>Unit 22, Vulcan Way Croydon, CR0 9UG</p>	<p>FREE</p>	<p>For men (18+) from Global Majority backgrounds feeling under pressure.</p>	<p>For more information call: 0208 406 0726 or email info@whitehutstudios.com</p>

<p>Apsara Arts: BollyFun Fit Dance Join this fun weekly Bollywood inspired dance sessions, where you'll also explore balanced nutrition, mindful eating and simple lifestyle changes can positive habits can support long-term health and wellbeing.</p>	<p>Fridays, 1.30-2.30pm June 2026 – March 2027</p>	<p>Our Space Community Centre, 50 High Street, CR0 1YB</p>	<p>£1 per class</p>	<p>For those unemployed or on low incomes needing help with healthy lifestyles, as well as people from global majority backgrounds.</p>	<p>Advanced booking only. To register email: info@apsaraarts.co.uk or call 07751 622 907</p>
<p>Dance for Health 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 Monday, 11am-12pm on the following dates: 8, 22 June</p>	<p>Stanley Arts, 12 South Norwood Hill, London, SE25 6AB Fully accessible</p>	<p>FREE</p>	<p>Ages 55+, especially those needing to keep physically active or meet others</p>	<p>Book your spot via the website: https://stanleyarts.ticketsolve.com/ticketbooth/shows/1173661762 [Ignore the Promo code box – sessions are FREE]</p>
<p>Old Palace Clogs Old Palace Clog are a fun and friendly dance club from South Norwood. They dance in clogs in a style of Morris dancing which hails from Northwest England, performing a mix of traditional and self-choreographed dances.</p>	<p>Thursday evenings</p>	<p>The Victory Club, 227 Selhurst Rd, SE25 6XY</p>	<p>The first few practices are free, with a yearly subscription price for repeat attendees.</p>	<p>For those interested in traditional Morris dancing, getting active and/or meeting new people</p>	<p>For more details, contact bagopc@gmail.com or visit https://oldpalaceclog.wixsite.com/home/events</p>
<p>SLiDE Together Weekly creative dance workshops which create a mix of free styling, learning moves and dancing with a partner and in small groups. These sessions develop coordination, balance, fitness, confidence and self-expression.</p>	<p>Wednesdays, 2-3.30pm.</p>	<p>Clyde Hall, Clyde Road, CR0 6SZ</p>	<p>£80 per term. Reduced costs available.</p>	<p>For learning disabled people aged 18+.</p>	<p>Email for a free trial session: office@slidedance.org or call 07754 639009 for more information.</p>

<p>Finding Your Flow – Creative Wellbeing Weekly workshops which offers a supportive space to explore a variety of creative techniques including painting, collage, mixed media, drawing, textiles and threads. Designed for all abilities, taking part can help reduce anxiety, improve moods and provide a positive focus away from the stresses of life.</p>	<p>Saturdays, 2.00-4.30pm June 2026 – March 2027</p>	<p>Our Space, 50 High Street, Croydon CR0 1YB</p>	<p>Optional contribution: £1-£2 per session</p>	<p>Open to anyone requiring mental health support, especially those from a global majority background.</p>	<p>For more information click the link: Mindful Arts-Based Wellbeing Workshops for Stress Relief BTS Creating Wellbeing or: email: btscreatingwellbeing@gmail.com Call: 07396275421</p>
<p>New Addington Creative Writing Group 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. These workshops can improve mental wellbeing by providing opportunities to meet new people and help reduce feelings of isolation and loneliness.</p>	<p>Tuesdays, 10:00-12:00 June 2026 – March 2027</p>	<p>Fieldway Family Centre, New Addington, CR9 0AZ</p>	<p>FREE</p>	<p>Open to all. Especially suited to adults with low-level mental health needs such as anxiety or depression, or those experiencing social isolation or loneliness</p>	<p>Contact Mo on 07833120641 to register.</p>
<p>Music Relief Foundation: Thrive Singalong Join this community choir and experience the joy of singing together—no experience required and no need to know how to sing! Community singing can support both physical and mental health by helping to improve breathing, posture, reducing stress and reducing social isolation.</p>	<p>Mondays, 12- 2pm June 2026 – March 2027</p>	<p>Thornton Heath Leisure Centre, 100 High Street, CR7 8LF</p>	<p>FREE</p>	<p>Adults in South Norwood & Thornton Heath, adults waiting for NHS treatment, anyone feeling low, isolated or stressed and refugees, those new to English</p>	<p>To register or for more information email: info@music-relief.org or call 020 8683 2922</p>

<p>Croydon Harmony, 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 2 July</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 harriet@pegasusoperacompany.org to find out more and sign up</p>
<p>Club Soda offer a space for people interested in expressing themselves creatively and learning new skills. The workshops range including content creation, music, DJing, photography, filmmaking, podcasting and performance.</p>	<p>Various</p>	<p>46-47 Trinity Court, Whitgift Centre, Croydon CR0 1UQ</p>		<p>For anyone with a learning disability aged 18+</p>	<p>For more information click the link: Our Workshops — Club Soda or contact: rebecca@clubsoda.org.uk 0300 102 0075</p>
<p>Make a Scene Weekly drama sessions designed to build confidence, creativity and communication skills for adults with learning disabilities, while providing a fun way to meet others and perform a brand new piece of theatre!</p>	<p>Tuesdays, 11.00am June 2026 to March 2027</p>	<p>61 Leslie Park Road, CR0 6TP</p>	<p>FREE</p>	<p>Adults with learning disabilities, especially those at risk of social isolation or poor mental health</p>	<p>For more information call 020 8684 5890 or email: info@croydonmencap.org.uk</p>
<p>Woodside Community Pop In – Over 65's fun music group 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 Good access, accessible toilets</p>	<p>FREE</p>	<p>Older people, especially those needing support with: loneliness/isolation, low mood, depression, anxiety, keeping physically active, dementia, long-term conditions</p>	<p>Call Lynda Graham on 07876455704</p>

<p>Croydon Vision 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. Please bring your own materials.</p>	<p>Wednesdays, 1.30-3pm</p> <p>June 2026 – March 2027</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 info@croydonvision.org.uk</p>
<p>Queer Croydon LGBT+ Creative Wellness Meet Ups</p> <p>Monthly meet ups offer safe, inclusive spaces for LGBT+ adults to enjoy creative activities and meet others in Croydon.</p> <p>Counselling support is available at all sessions if required.</p>	<p>Monthly.</p> <p>Next meet up is Sunday 28 June, 12:00-13:00</p>	<p>Various, check each month.</p> <p>Next session is at Parkhill Park, Barclay Road, CR0 5NS</p>	<p>FREE</p>	<p>For LGBT+ adults (18+). A safe and affirming space, including for those experiencing depression, anxiety or social isolation.</p>	<p>Register for free at https://queercroydon.com/events</p>
<p>Queer Croydon Trans Youth Support & Mentoring</p> <p>Monthly meet ups offer safe, inclusive spaces for Trans young people ages 16+ to enjoy creative activities and meet others in Croydon.</p> <p>Counselling support is available at all sessions if required.</p>	<p>Monthly.</p> <p>Next session is Saturday 4 July, 12:00-13:00</p>	<p>Various, check each month.</p> <p>Next session is at Parkhill Park, Barclay Road, CR0 5NS.</p>	<p>FREE</p>	<p>For Trans young people ages 16+. A safe and affirming space, including for those experiencing depression, anxiety or social isolation.</p>	<p>Register for free at https://queercroydon.com/events</p>
<p>Autistic Youth Hub</p> <p>A neurodivergent youth collective & community for 18-30 year olds without learning disability. The group takes place online and in person, and includes a wide range of activities, events and workshops.</p>	<p>Online – various</p> <p>In person – fortnightly on Sundays</p>	<p>Online – Discord server</p> <p>In person – The Story Sanctuary, corner of Farm Fields, CR2 0HL</p>	<p>FREE</p>	<p>For neurodivergent people ages 18-30 (no diagnosis required) without intellectual disability. Neuro- and queer-affirming space.</p>	<p>Visit https://autisticyouthhub.org.uk/ for more information.</p>

<p>The Story Sanctuary Visit the Story Sanctuary (formerly Sanderstead library) for a wide-range of community sessions and activities in a warm, friendly environment.</p> <p>Visit https://thestorysanctuary.org.uk for more information</p>	<p>A Common Thread Soft Makers Group: Thursdays 10:30-12:00, optional £2 donation. Join a friendly community of makers to sew, embroider, knit and/or crochet. Bring a project or start one; join in with a group make; learn something or teach someone your skills! All ages.</p> <p>Community Gardening Sessions: Saturdays 9:00-11:00, and alternate Tuesday and Fridays. Please bring your own tools if you have them; 'To Do' list available upon request!</p> <p>Book Club: launching July 2026. Email hello@thestorysanctuary.org.uk for more information</p> <p>Gamers and Painters: Friday nights, launching in July. Join in for a friendly evening of board games, RPG games, WoW model painting and more.</p>
<p>Croydon Association for Pastoral Care in Mental Health</p> <p>Join a wide range of creative and other activities supporting individuals needing mental health or social isolation support. Sessions are run by trained therapists, ensuring they are suitable for a wide range of needs.</p>	<p>ART GROUP, Every Friday 2-4pm Small Hall, St Mildred's Centre This therapeutic art group allows you to explore your thoughts and ideas through creative art projects.</p> <p>Run by a trained art therapist, the group is particularly suitable for those wanting to improve their mental well-being.</p> <p>For more information Call: 020 8654 4010 or Email: admin@croydon-apcmh.co.uk</p> <p>CREATIVE WRITING, new sessions starting in September Express yourself with the power of creative writing. Relax in a calm, creative space and connect with others in a safe, supportive environment. All materials supplied, FREE to attend but please make a small donation if you can.</p> <p>For more information Text: 07520 648 092 or Email: admin@croydon-apcmh.co.uk</p>

<p>Introduction to Bobbin Lace Making with the Croydon Lacemakers The Croydon Lacemakers deliver this after hours relaxed and inclusive workshop. Each session covers a new beginner-friendly technique.</p>	<p>Every second Wednesday of the month until September 2026, 6-9pm</p>	<p>Museum of Croydon, Level 1, CR9 1ET</p>	<p>£10/session or £15 for two people</p>	<p>Those aged 16+</p>	<p>For more information visit: www.museumofcroydon.com/whats-on or click the link to register: Introduction to Bobbin Lace Making with Croydon Lacemakers Tickets, Multiple dates Eventbrite</p>
<p>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. 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. Paid-for sessions are also available for sewing, crocheting or other lessons, by the same group.</p>	<p>Tuesdays, 1-3pm Drop in or one-off attendance welcome. Booking is recommended as spaces are limited.</p>	<p>Ground floor of the Whitgift centre, near M&S and Boots.</p>	<p>FREE 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 Textile Repair Cafe - Green Croydon for more information or to sign up for any sessions of interest.</p>
<p>Knit and Knatter 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. Open to adults of all ages. Optimal for people needing support with social isolation or mental health (stress, anxiety, low mood).</p>	<p>Ashburton Library (Shirley Road, CR9 7AL): Tuesdays, 10:30am-12:00pm FREE, booking not required, just drop in! To speak to someone before attending, call 020 7884 5175</p> <p>New Addington Library (61 Central Parade, CR0 0JD): Fridays, 2:00-3:30pm FREE, booking not required, just drop in! To speak to someone before attending, call 020 7884 5215</p>				

<p>Knitting and adult colouring 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 Mondays 10:30-12:00</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).</p>	<p>Booking not required, just drop in! To speak to someone before attending, call 020 7884 5180</p>
<p>Crochet and Knitting Club 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>Reading Retreat 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>Shared Reading 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, 2-3pm</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>Listen to Literature A relaxed session to listen to a story or poems being read. There is no pressure to read aloud yourself, so just come and listen, have a hot drink and relax in friendly company.</p>	<p>Mondays, 1.30-3pm</p>	<p>The Story Sanctuary, corner of Farm Fields, CR2 0HL</p>	<p>FREE</p>	<p>Open to adults of all ages.</p>	<p>Click the link for further information or to register: Tickets for Listen to Literature</p>
<p>Art Book Club Monthly relaxed and friendly discussions on an art-related book. For our next session, we will be reading Grayson Perry's <i>Playing to the Gallery</i> in celebration of Museum of Croydon exhibition: The Essex House Tapestries.</p>	<p>Next session Saturday 11 July, 11am- 12pm</p>	<p>Clocktower Cafe, Clocktower, CR9 1ET</p>	<p>FREE</p>	<p>For people with an interest in art history</p>	<p>No need to book, just turn up. Join the Join the Whatsapp Community or visit Art Book Club — Museum of Croydon for more information.</p>
<p>Carers First</p> <p>Carers First is a charity founded by carers, for carers. Providing advice, support, information, workshops and a space for carers to meet other carers.</p> <p>Croydon Carers Centre, 24 George Street, CR0 1PB</p>	<p>Croydon carers knitting group, Fortnightly Fridays 19th June 3rd and 10th July (term time only) 11am - 12:15pm The Croydon carers knitting group, is a relaxing pastime, great for lowering stress, and a good excuse for a friendly chat! All levels are welcome. Some knitting yarn and knitting needles will be provided, but you may wish to bring your own, to continue working on your own project at home.</p> <p>Writers group, Mondays 13th July, 14th September, 12th October 1:30pm - 3pm This monthly Writers Group is facilitated by the prize winning British-Asian writer of flash fiction and short stories and resident writer at The Royal Bethlem Gallery, Anita Goveas. This is a fantastic opportunity to explore your creativity, learn new writing techniques and unlock your potential. Beginners welcome!</p> <p>Visit https://www.carersfirst.org.uk/croydon/groups-and-events/ or ring 0300 303 1555 for more information.</p>				

<p>Chronically Creative A year-round programme of online creative ‘catch ups’ for people living with long term health conditions. This virtual Café provides a comforting, confidential space hosted by artist-facilitators offering breathing exercises, imagination, story, writing, sketching and craft activities which people can take part in from the comfort of their own home, however suits them.</p>	<p>21 July, 15 September, 24 November, 15 December 2-3.30pm</p>	<p>Online via Zoom</p>	<p>FREE</p>	<p>For people living with long-term conditions or otherwise unable to leave the house. Supporting mental health and social connectedness. BSL support available.</p>	<p>Visit the website to sign up: https://www.sparetyre.org/whats-on/events/chronically-creative-online-sessions</p>
<p>Dementia Café - Purley ‘A Place to Be’ a friendly, welcoming social providing meaningful social interaction, mental stimulation, and a sense of routine and belonging for those living with dementia. Carers can access peer support, understanding and a chance to relax and connect with others who share similar experiences.</p>	<p>Fridays 2:30-4:30</p>	<p>St Marks Church, Church Rd, Woodcote, CR8 3QQ</p>	<p>£3 per person</p>	<p>For older people, people living with dementia, and their carers</p>	<p>For more information email: placetobestmarks@gmail.com or call 020 8668 0063.</p>
<p>Woodside Memory Café This is a space for those living with dementia and their carers to talk, share stories and get to know each other over drinks and snacks During the afternoon, there will be a session of Singing for the Brain, which brings together people affected by dementia to sing a variety of songs they know and love in a fun and friendly environment.</p>	<p>Thursdays 2-4pm term time.</p>	<p>Woodside Baptist Church, 27 Spring Lane, SE25 4JP</p>	<p>£1 per person</p>	<p>For those living with dementia and their carers.</p>	<p>No need to book, just turn up. For more information call: Steve Calder on 07722 192 852.</p>

<p>Singing for the Brain Join the weekly Singing for the Brain session for fun vocal warm-ups and sing a wide variety of familiar and new songs. The group is hosted by our friendly and experienced group leaders. This group is delivered through face-to-face sessions or online.</p>	<p>Fridays, 10.30am-12pm</p>	<p>St Matthew's Church, Chichester Road, CR0 5NQ</p>	<p>FREE</p>	<p>For those living with dementia and their carers.</p>	<p>For more information call 020 8653 2818 (Office opening times: Monday-Friday, 09:00-17:00) https://www.alzheimers.org.uk/get-support/your-support-services/singing-for-the-brain</p>
<p>Dementia Film club Dementia-friendly screenings, providing an inclusive and enjoyable experience for individuals with dementia and their carers.</p>	<p>First Tuesday of each month, 11am</p>	<p>David Lean Cinema (1st floor) Central Library, Croydon Clocktower, Katharine Street CR9 1ET</p>	<p>£5 (Carers are free)</p>	<p>For those living with dementia and their carers.</p>	<p>Telephone: 020 3411 1243.</p>
<p>Dementia Art & Joy Fortnightly free art sessions for people living with dementia and their carers</p>	<p>Fortnightly, the next session is Wednesday 10 June, 10.30am-12.00pm</p>	<p>Museum of Croydon, Level 1, Clocktower, CR9 1ET</p>	<p>FREE</p>	<p>For people living with dementia and their carers.</p>	<p>To register click on the link: Art and Joy form — Museum of Croydon or email: museum@croydon.gov.uk</p>

**Manju Shahul-Hameed
Foundation Intergenerational
Dementia Cafes**

Welcoming intergenerational cafés for people living with dementia and their carers, each involving 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.

Visit www.msfoundations.co.uk for further details and upcoming dates and locations.

Coulsdon Methodist Church, 83 Brighton Rd, Coulsdon CR5 2BE

Dates: First Tuesday of every month: 7 July, 4 August, 1 September, 6 October, 3 November, 1 December

Time: 1.30-3.30pm

South London Sanatan Mandir and Community Centre, 108 Chipstead Valley Road, Coulsdon CR5 3BA

Dates: Second Friday of every month: 10 July, 14 August, 11 September, 9 October, 13 November, 11 December at

Time: 1.30-3.30pm

Clocktower Café, 9 Katharine St, Croydon CR9 1ET

Dates: Third Monday of every month: 20 July, 17 August, 21 September, 19 October, 16 November, 21st December

Time: 1.30-3.30pm