

Creative Health Projects Open to Referral – August 2026 update

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

Children & Young People

Project	Dates/Times	Location	Cost	Target participants	Contact/registration information
Rhyme Time: Croydon Libraries 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. Especially suited for young families seeking to make connections with other young families.	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 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 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 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 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 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 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 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 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				

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. Especially for children starting school in September. Attend as many sessions as you like.	Norbury Library (Beatrice Ave, SW16 4UW): Saturdays 1-22 August, 11:00-11:45am FREE, no need to book just turn up on the day. For more information, call 020 7884 5215 South Norwood Library (Lawrence Rd, SE25 5AA): Thursdays 6-20 August, 11:00-11:45am FREE, call 020 7884 5195 or book via the link: Ready Road Croydon Libraries
Storytime: Croydon Libraries Listen to stories and make a simple craft at themed storytimes at Croydon libraries.	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 Coulsdon Library (155 Brighton Rd, CR5 2NH): Fridays, 4:00-4:30pm FREE, call 020 7884 5180 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 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 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
Book Buddies: Croydon Libraries Weekly story time with themed crafts for children.	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 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

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.	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
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.	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
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>	Thursdays 1:30-3:00pm. Term time only.	The Story Sanctuary <i>corner of Farm Fields, CR2 0JB</i>	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
Norwood Junk Action's: Mosaktion An exciting summer project transforming discarded materials into a series of permanent 3D mosaic sculptures.	Saturday 8 and 22 August, 11am	Stanley Arts - 12 South Norwood Hill SE25 6AB	FREE	For families and people of all ages.	Email: norman@norwoodjunkaction.co.uk for more information

Youth Action for Monks Hill Weekly social activities for secondary school aged young people to get involved with. St Francis Church The Lighthouse, 107 Broodcombe CR2 8HR	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. For more information click the link: https://stfrancisselsdon.org.uk/community/ or call 07738 454729 email youthdevelopment@stfrancisselsdon.org.uk				
Family Nature Day- Picnic & Play at Ashburton Park Park! An informal fun day of relaxed nature-based sessions and fun activities including a family trail, litter pick, teddy bear picnic and lawn games.	Saturday 15 August 2026, 10am-3pm.	Ashburton Park 32 Tenterden Road Croydon CR0 6NN	FREE	For families with children of all ages. A SEN-friendly quiet hour will take place 10-11am.	For more information visit: Ashburton Park Team
Mindful Kids: fun creative activities and relaxation Mindful Kids supports the wellbeing of children through fun, creative activities and relaxation. Each session is designed to help children feel safe, supported and more connected to themselves.	Mondays during August, 1.30-3.00pm	Story Sanctuary Farm Fields, CR2 OHL Free on- street parking.	FREE	For children aged 7-11 who want to build their self-confidence or support in managing big emotions.	More information available online: Mindful Kids: fun creative activities and relaxation
Create/Play: Teen Space Relaxed, no-pressure creative space run by experienced neurodivergent artists from A Collective.	Tuesdays in August, 1:30- 3:00pm	Story Sanctuary Farm Fields, CR2 OHL	£8 per young person	Young people ages 12-16 who are neurodivergent, quiet or anxious.	Pre-booking required and parer/carers permission and contact details required. CREATE/PLAY: Teen Space from £8.

Summer Holiday Fun at The Story Sanctuary Range of community and creative event for all ages and pop-up café over August.	Various, see website for specific activities	Story Sanctuary Farm Fields, South Croydon CR2 0HL Free on-street parking.	Various, see website for details	Various, all ages from 0-99 welcome	The Story Sanctuary – Creativity & Community
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.	Holiday activities: Day camps for children aged 6-11 and 9-13 on 3,6,10 and 13 August.	Heartwood Woodland Wellness, Featherbed Lane, CR0 9AA	Prices start from £37 for low-income families. Sibling discounts are also available.	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.	For more information email: office@gowildwithusuk.org or click the link: Our offerings
The Arc Centre – Summer holiday club – offering a full day of hands-on learning and unforgettable experiences in animal education.	Mon-Fri, 10-27 August Full days run 8.30am-4.30pm Half days run 8.30am-12.30pm or 12.30-4.30pm	Greenvale Primary School, Sandpiper Road, CR2 8PR	£75 for a full day session or £38 for a half-day session	These enrichment building sessions give practical, hands-on experiences to children and young people aged 4-18 years old with an interest in becoming a zookeeper or with a love of animals.	For more information visit: Holiday Club The ARC Centre or call 0208 405 0252.

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. A Juniors holiday club is running until Friday 21 August.	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. 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. Senior Club (13-19 years old) 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. 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
Croydon Youth Theatre Organisation (CYTO) Young people can access a range of workshops ranging from drama, production and technical to filmmaking and acting. A pay-what-you can, 2-week devised theatre project for 8–19-year-olds, will run from Monday 10 - Saturday 22 August. Termly fees:	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 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 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 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 ACT TWO (9-11yrs): Drama and Acting Workshops: Fridays, 5:15-6:45pm

£60 for one activity, £80 for two or more (Discounted and bursary places are available)	For more information, call 020 8655 1098 or click the link: ACT TWO (9-11yrs): Drama and Acting Workshops croydonyouththeatre 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 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				
Creative Wellbeing Programme for Children with Experience of Domestic Abuse: Weekly after-school sessions supporting children aged 4-10 years old to improve wellbeing, emotional literacy and healthy attachment behaviours. Led by registered therapists and artists. Parent support also provided.	Tuesdays in term time 16:00-17:15: 4-7 yr olds 17:30-18:45: 8-10 yr olds	Location North Croydon	FREE. Meals and transport support provided. A parallel parent group and a creche for siblings is available.	Children aged 4-10 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.	More information available online: https://www.culturecroydon.com/home/creative-health-croydon/creative-wellbeing-programme-for-children-with-experience-of-domestic-abuse/ Express an interest for the autumn term by emailing CreativeHealth@croydon.gov.uk or call Lisa on 07356 101117 for more information or to register
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.	Arranged following referral	Croydon area	FREE	0-18 year-olds and their families who are affected by a life-limiting illness or bereaved of a family member or close relation.	You can self-refer for the Pre and Post Bereavement service: https://jigsaw4u.org.uk/what-we-do/pre-post-bereavement/

Croydon Music and Arts (CMA) – Instrumental tuition and ensembles CMA offers tuition on a wide range of instruments and opportunities to play in ensembles with others.	Tuesdays, Fridays and Saturdays in term time, various times – please see timetable at link	Oasis Academy Shirley Park, Shirley Road, Croydon, CR9 7AL	Fees payable, but discounts available. Please get in touch!	Years 3+	Home Croydon Music & Arts Telephone: 020 8681 0909 Email: musicandartseducation@croydon.gov.uk
CMA Mini Music Makers 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!	Saturday mornings in term time	Oasis Academy Shirley Park, Shirley Road, Croydon, CR9 7AL	£45 per term, discounts available	Children in Years 1 and 2	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
CMA Access Music Makers 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.	Saturday mornings in term time	Oasis Academy Shirley Park, Shirley Road, Croydon, CR9 7AL	Fees payable, but discounts available. Please get in touch!	For disabled and neurodiverse children in Years 3-6 (Junior Access) and Years 7+ (Access Music Makers)	Inclusion and Access Croydon Music & Arts Telephone: 020 8681 0909 Email: musicandartseducation@croydon.gov.uk
Music Relief Foundation (MRF) A range of affordable lessons for children age 5+, including keyboard, piano, guitar, drums, violin, viola, clarinet, flute, saxophone, band practice, and choir.	1 to 1 and group sessions available, Monday-Saturday.	Thornton Heath Leisure Centre, CR7 8LF	Lessons from £12.50* for Groups or £16.70* for 1 to 1 sessions	For children aged 5+	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

Respect The Game: Weekly music production sessions using creative writing, recording and performance to build confidence and skills. Participants also gain an Arts Award qualification.	Mondays, 5-8pm	RTG Studio, 25 Stafford Road, CR0 4NG	FREE	4–18 Year-olds with in an interest in music production. Especially suited for those with SEMH needs, experience of the criminal justice system or who are NEET.	To register, email rtgmedia.tv@gmail.com or visit: www.rtgmediatv.com
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.	Time and date will be set for one-to-one sessions once the application has been assessed.	White Hut Studios, Unit 22, Vulcan Way CR0 9UG	FREE	Young people facing challenging circumstances such as being in care, young offenders, or struggling with school.	Click on the link to make a referral: Referral: Music & Mentoring. For more information contact email: info@whitehutstudios.com or call 0208 406 0726
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.	Various	46-47 Trinity Court, Whitgift Centre, Croydon CR0 1UQ		For anyone with a learning disability aged 15-25	For more information visit https://www.clubsoda.org.uk/our-workshops or contact rebecca@clubsoda.org.uk 0300 102 0075

Adults

Project	Dates/Times	Location	Cost	Target participants	Contact/registration information
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.	Saturdays, 1 st and 22 nd August, 2.30-4.30pm	Studio Upstairs, 82 London Road, CR0 2TB	FREE	Open to all but especially Croydon residents from Global Majority backgrounds, and adults on a low income.	To book call 07940 492 673
Quiet Powers: A series of three filmmaking workshops for Black introverts who are low-income Croydon residents. Participants will work in small supportive groups to explore themes like identity, confidence, personal growth. They will then create their own short personal film using just a smartphone. No creative experience needed- simply a willingness to show up.	Monday 17 August Monday 26 August and Wednesday 9 September	Thornton Heath Library, 190 Brigstock Road, CR7 7JB Croydon Central Library, Katharine St, CR9 1ET	FREE	Black introverts aged 18+ who identify as introverts, shy or low in confidence. Those looking to develop communication skills.	Email: me@richardetienne.co.uk for more information.
Creativi-Tree Join Parkbathe for a guided sensory walk in beautiful woodland to relax and lower stress, followed by a series of different creative and wellbeing activities.	Mondays 3, 17 August and 7 September, 11am-1.45pm	MHA Wilderness, 17 Shirley Church Road, CR9 5AL	FREE	For women experiencing difficult circumstances, recovering from trauma or facing barriers to accessing wellbeing activities.	Email: francine.creative@gmail.com for more information.

Sip & Sing A relaxed monthly gathering where neighbours come together for informal singing, conversation and connection. Less choir, more community – a welcoming space to unwind, meet new people and enjoy a gentle evening of music.	Thursday 20 August, 7-9pm	Waterside House, 26 Avenue Road, South Norwood, SE25 4DX	Tickets from £8	For adults looking to connect with new people in a fun and uplifting setting.	For more information email creativecroydon@gmail.com or visit: https://e-voice.org.uk/creativecroydon/events_calendar/
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.	1st and 3rd Tuesday of the month, 7-9pm June 2026 – March 2027	Unit 22, Vulcan Way Croydon, CR0 9UG	FREE	For men (18+) from Global Majority backgrounds feeling under pressure.	For more information call: 0208 406 0726 or email info@whitehutstudios.com
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.	Fridays, 1.30-2.30pm June 2026 – March 2027	Our Space Community Centre, 50 High Street, CR0 1YB	£1 per class	For adults unemployed or on low incomes needing help with healthy lifestyles, as well as people from global majority backgrounds.	Advanced booking only. To register email: info@apsaraarts.co.uk or call 07751 622 907
Norwood Junk Action's: Mosaktion An exciting summer project transforming discarded materials into a series of permanent 3D mosaic sculptures.	Saturday 8 and 22 August, 11am	Stanley Arts - 12 South Norwood Hill SE25 6AB	FREE	For families and people of all ages.	Email: norman@norwoodjunkaction.co.uk for more information

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.	Thursday evenings	The Victory Club, 227 Selhurst Rd, SE25 6XY	The first few practices are free, with a yearly subscription price for repeat attendees.	For adults interested in traditional Morris dancing, getting active and/or meeting new people	For more details, contact bagopc@gmail.com or visit https://oldpalaceclog.wixsite.com/home/events
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.	Wednesdays, 2-3.30pm.	Clyde Hall, Clyde Road, CR0 6SZ	£80 per term. Reduced costs available.	For learning disabled people aged 18+.	Email for a free trial session: office@slidedance.org or call 07754 639009 for more information.
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.	Saturdays, 2.00-4.30pm June 2026 – March 2027	Our Space, 50 High Street, Croydon CR0 1YB	Optional contribution: £1-£2 per session	Open to adults requiring mental health support, especially those from a Global Majority background.	For more information click the link: Mindful Arts-Based Wellbeing Workshops for Stress Relief BTS Creating Wellbeing or: email: btscreatingwellbeing@gmail.com Call: 07396275421

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.	Tuesdays, 10:00-12:00 June 2026 – March 2027	Fieldway Family Centre, New Addington, CR9 0AZ	FREE	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	Contact Mo on 07833120641 to register.
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.	Mondays, 12-2pm June 2026 – March 2027	Thornton Heath Leisure Centre, 100 High Street, CR7 8LF	FREE	Adults in South Norwood & Thornton Heath, adults waiting for NHS treatment, anyone feeling low, isolated or stressed and refugees, those new to English	To register or for more information email: info@music-relief.org or call 020 8683 2922
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.	Various	46-47 Trinity Court, Whitgift Centre, Croydon CR0 1UQ		For anyone with a learning disability aged 18+	For more information click the link: Our Workshops — Club Soda or contact: rebecca@clubsoda.org.uk 0300 102 0075

Queer Croydon Trans Youth Support & Mentoring Monthly meet ups offer safe, inclusive spaces for Trans young people ages 16+ to enjoy creative activities and meet others in Croydon. This month take part in an outdoor printmaking workshop. Counselling support is available at all sessions if required.	Monthly. Next session is Saturday 29 August, 12:00-1:30pm	Various, check each month. Next session will be at a Croydon Green space.	FREE	For Trans young people ages 16+. A safe and affirming space, including for those experiencing depression, anxiety or social isolation.	Register for free at https://queercroydon.com/events
Autistic Youth Hub 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.	Online – various In person – fortnightly on Sundays	Online – Discord server In person – The Story Sanctuary, corner of Farm Fields, CR2 0HL	FREE	For neurodivergent people ages 18-30 (no diagnosis required) without intellectual disability, especially those feeling isolated or burned out. Neuro- and queer-affirming space.	Visit https://autisticyouthhub.org.uk/ for more information.
The Story Sanctuary Visit the Story Sanctuary (formerly Sanderstead library) for a wide-range of community sessions and activities in a warm, friendly environment. Visit https://thestorysanctuary.org.uk for more information	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. 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! Book Club: launching July 2026. Email hello@thestorysanctuary.org.uk for more information Gamers and Painters: Friday nights, launching in July. Join in for a friendly evening of board games, RPG games, WoW model painting and more.				

Croydon Association for Pastoral Care in Mental Health 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.	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. Run by a trained art therapist, the group is particularly suitable for those wanting to improve their mental well-being. For more information Call: 020 8654 4010 or Email: admin@croydon-apcmh.co.uk 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. For more information Text: 07520 648 092 or Email: admin@croydon-apcmh.co.uk				
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.	Every second Wednesday of the month until September 2026, 6-9pm	Museum of Croydon, Level 1, CR9 1ET	£10/session or £15 for two people	Those aged 16+	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
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	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 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				

social isolation or mental health (stress, anxiety, low mood).					
Knitting and adult colouring Bring along a project or use colouring materials provided during this weekly craft group focusing on knitting and mindful colouring.	Saturdays 10:00-11:30 Mondays 10:30-12:00	Coulsdon Library, Brighton Road, Coulsdon, CR5 2NH	FREE	Open to adults of all ages. Optimal for people needing support with social isolation or mental health (stress, anxiety, low mood).	Booking not required, just drop in! To speak to someone before attending, call 020 7884 5180
Crochet and Knitting Club Bring along a knitting or crochet project and enjoy the company of others interested in crafts.	Wednesdays 2-4pm	Selsdon Library, Addington Road, South Croydon, CR1 8LA	FREE	Open to adults of all ages. Optimal for people needing support with social isolation or mental health (stress, anxiety, low mood)	Booking not required, just drop in! To speak to someone before attending, call 020 7884 5190
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.	Mondays 13:30-15:00	Coulsdon Library, Brighton Road, Coulsdon, CR5 2NH	FREE	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.	Booking not required, just drop in! To speak to someone before attending, call 020 7884 5180

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!	Tuesdays, 2-3pm	New Addington Library, 61 Central Parade, New Addington, CR0 0JD	FREE	Open to adults of all ages. Optimal for people needing support with social isolation or mental health (stress, anxiety, low mood)	Booking not required, just drop in! To speak to someone before attending, call 020 7884 5205
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.	Mondays, 1.30-3pm	The Story Sanctuary, corner of Farm Fields, CR2 0HL	FREE	Open to adults of all ages.	Click the link for further information or to register: Tickets for Listen to Literature
Clubhouse Carnival Weekly lunch club gathering which includes a cooked lunch, dessert and carnival games.	Wednesdays, 12.30pm	Selsdon Community Clubhouse (The Selsdon Centre Trust) 132 Addington Road Selsdon CR2 8LA	£12	Open to adults aged 60+ who want to meet new people and enjoy activities and celebrations.	For more information call 0208 651 1111 / 0737 584 0737 Or email: office@selsdoncentre.org.uk
Carers First Carers First is a charity founded by carers, for carers. Providing advice, support, information, workshops and a space for carers to meet other carers. Croydon Carers Centre, 24 George Street, CR0 1PB	Writers group, Mondays 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! Visit https://www.carersfirst.org.uk/croydon/groups-and-events/ or ring 0300 303 1555 for more information.				

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.	15 September, 24 November, 15 December 2-3.30pm	Online via Zoom	FREE	For people living with long-term conditions or otherwise unable to leave the house. Supporting mental health and social connectedness. BSL support available.	Visit the website to sign up: https://www.sparetyre.org/whats-on/events/chronically-creative-online-sessions
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.	Fridays 2:30-4:30	St Marks Church, Church Rd, Woodcote, CR8 3QQ	£3 per person	For older people, people living with dementia, and their carers	For more information email: placetobestmarks@gmail.com or call 020 8668 0063.
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.	Thursdays 2-4pm term time.	Woodside Baptist Church, 27 Spring Lane, SE25 4JP	£1 per person	For those living with dementia and their carers.	No need to book, just turn up. For more information call: Steve Calder on 07722 192 852.

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.	Fridays, 10.30am-12pm	St Matthew's Church, Chichester Road, CR0 5NQ	FREE	For those living with dementia and their carers.	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
Dementia Film club Dementia-friendly screenings, providing an inclusive and enjoyable experience for individuals with dementia and their carers.	First Tuesday of each month, 11am	David Lean Cinema (1 st floor) Central Library, Croydon Clocktower, Katharine Street CR9 1ET	£5 (Carers are free)	For those living with dementia and their carers.	Telephone: 020 3411 1243.
Dementia Art & Joy Fortnightly free art sessions for people living with dementia and their carers	Fortnightly on Wednesdays, the next session is 19 August 10.30am-12.00pm	Museum of Croydon, Level 1, Clocktower, CR9 1ET	FREE	For people living with dementia and their carers.	To register click on the link: Art and Joy form — Museum of Croydon or email: museum@croydon.gov.uk
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	Coulsdon Methodist Church, 83 Brighton Rd, Coulsdon CR5 2BE Dates: First Tuesday of every month: 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: 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: 17 August, 21 September, 19 October, 16 November, 21st December				

school children, Croydon College students, clinicians and more. Visit www.msfoundations.co.uk for further details and upcoming dates and locations.	Time: 1.30-3.30pm
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