

Wellness Centre Newsletter

SEASONS GREETINGS TO YOU!

The Croydon BME Forum would like to express our sincere appreciation to all participants and groups for their outstanding contributions to our activities. We are eagerly anticipating the New Year and look forward to continuing to work alongside you.

WHAT'S ON AT THE WELLNESS CENTRE?

Health Checks

Every Tuesday
11am - 2pm

Energy Health Checks

Every Tuesday
10am - 1pm

Compassionate Chats

Every second
Wednesday of each
month
11.30am - 1.30pm

GAMES HOUR

Every Thursday
2pm - 4.30pm

HIV Testing

Every Thursday
2pm - 5pm

Read and Relax

Fortnightly on
Friday
10.30am - 12.00pm

SAVE THE DATE

Your Heart Health An introduction to Cardiovascular Health

Saturday 13 January
10:00am - 4pm
DROP IN

All Inclusive Training

Wednesday 17th January
11am - 1pm
DROP IN

Sip and Paint

Thursday 18th January
11am - 1pm
DROP IN

For more information on any of the activities please contact info@bmeforum.org, call us on 0208 684 3719 or visit our website www.cbmeforum.org

PAST EVENTS

Sip and Paint Event

Who says painting and sipping can't mix? The Mansell room at the Wellness Centre was the perfect spot for the community to let their creativity run wild! Thanks to the event's host and local resident, Esha Babatunji, everyone enjoyed a jamming session to their favorite tunes while creating amazing art pieces. From cheerful themes to anything-goes expressions, the participants had a blast. Check out the snaps! The attendees left with smiles on their faces, saying they'd recommend this shindig to all their buds.



The Reader “Christmas Wreath Making”

A Christmas wreath-making event was planned to celebrate the festive season with the members and attendees of the Reader Group and Young at Heart Group.

WELLBEING POP - UP EVENT

An information session called the Wellbeing Pop-Up event was organized to familiarize the community with available services. The session showcased community organizations that provide support in areas such as counseling, cognitive behavior therapy, working with young people, education, and training courses. Dr. Sharon Raymond, a prominent NHS doctor and consultant, led the event, and Core20plus5 Community Connectors Lesley and Lisa offered support. The event was well-attended, allowing community members and service providers to meet and learn about each other.

PAST EVENTS

Crushed to Sparkle Masterclass: Let Your Diamonds Shine! The Power of Now!

The Wellness Team successfully hosted the Wellbeing Saturday event, which featured Juliyah Brown, a coach and author of "Crushed to Sparkle," leading a workshop on self-love, self-care, health, beauty, and networking. The event proved to be informative, enjoyable, and practical, leaving attendees feeling both rejuvenated and enlightened. The program offered transformative ideas for achieving personal goals in the year 2024, benefiting the mind, body, and spirit.

Macmillan Coffee Morning Fundraising We raised a whopping £332.00 for Macmillan

We extend our sincerest appreciation to everyone who participated and contributed gifts or funds. Our event was a resounding success, with various activities such as tombola, prize bingo, and refreshments that included cakes and hot drinks. The community came together, and it was an excellent chance to interact and socialize. We received positive feedback from many who attended, and we couldn't have done it without the fantastic teamwork demonstrated by our team.

Active Bystander Training

The Croydon BME Forum team and community recently participated in an event focused on protection approaches and strategies to take affirmative action when harmful incidents occur. Attendees gained valuable insights into new tactics to help them navigate these types of circumstances. Participants were introduced to three key principles: prioritizing safety, de-escalation, and victim-centered approaches.

For additional information or if you were unable to attend, please visit:

<https://protectionapproaches.org/>

UPCOMING EVENTS



YOUR HEART HEALTH
AN INTRODUCTION TO CARDIOVASCULAR HEALTH

Join us for an introduction to cardiovascular health.

The Long Term Conditions coordinator will provide information on how high blood pressure, diabetes and chronic kidney disease can affect us all and can explore the preventive measures for a healthier heart.

DATE: SATURDAY 13TH JANUARY 2024
TIME: 10AM - 4PM

For more information on Long Term Conditions please email: Clare@bmeforum.org

Venue: The Wellness Centre, Unit 1040/1042, First Floor, Whitgift Shopping Centre, Croydon, CR0 1LP (Opposite Waterstones bookstore.)

Health checks
Quizzes
Prizes
Light refreshments

Scan QR to visit Our Website

[bmeforum.org](https://www.bmeforum.org)
[croydonbmeforum.org](https://www.croydonbmeforum.org)
CroydonBMEForum

Your Heart Health - An introduction to Cardiovascular Health

An in-person event on cardiovascular health will provide information on how high blood pressure, diabetes, and chronic kidney disease affect heart health and preventive measures. The event includes health checks, a raffle prize, and a quiz. Light refreshments are provided.

All Inclusive Advice and Training Event!

An in-person event is being held, offering valuable advice and training on career development, personal growth, and industry insights. Attendees can interact with speakers and network with others in an inclusive, supportive environment. The All Inclusive Advice and Training Event is an opportunity to learn new skills, gain insights, and connect with like-minded individuals.



All Inclusive

Discover excellence within...
All Inclusive Advice and Training

Education is your key to brighter opportunities, earnings, and personal enrichment. Start your journey toward growth and happiness now.

All Inclusive Advice and Training, guides individuals into the workforce with tailor-made LifeSkills and AAT Finance level 1 course training by collaborating with The Croydon BME Forum to empower individuals with high-demand skills for today's job market and future growth.

Free 8 weeks course face to face at the Wellness Centre.

Wednesday

29th Nov	10am - 1pm
6th Dec	10am - 1pm
20th Dec	10am - 1pm
17th Jan	10am - 1pm
24th Jan	10am - 1pm
31st Jan	10am - 1pm
14th Feb	10am - 1pm
21st Feb	10am - 1pm

Join our training for personal development, including Employability for job market skills, Financial Inclusion for informed decisions (with one-on-one debt advisory sessions), and Emotional Resilience for overcoming challenges.

Register on Eventbrite
info@bmeforum.org / shelly@bmeforum.org

[bmeforum.org](https://www.bmeforum.org) [croydonbmeforum.org](https://www.croydonbmeforum.org) [CroydonBMEForum](https://www.croydonbmeforum.org)



The Wellness Centre is hosting a Sip and Paint event on January 18, 2024, at 10:00 AM. All skill levels are welcome, and experienced instructors will guide participants in creating a masterpiece. The event offers a relaxed and informal atmosphere encouraging conversation, laughter, and community. All materials will be provided. Reserve your spot now to enjoy a delightful day of creativity and self-expression.