

Chat 1st is an Award Winning Programme

'An exercise intervention and coping mechanism for those struggling with poor mental health'

All sessions are delivered by fully qualified instructors with peer support from those with lived experience*

*All fully qualified in mental health first aid



Chat 1st Timetable of activities September 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Community Garden St Peters Church Hutton FREE 10.00-12.00		Community Garden St Stephens Church Ingrave FREE 10.00-12.00		YOGA The Knights Way Centre, Brentwood FREE for referrals* 10.30-11.15
Chatty Cafe & Mindfulness Thurrock/Brentwood Mind Hub 2 The Keys, Warley CM13 3BP FREE 11.00-12.30 (11-12 during the school holidays) Mindfulness on the First Monday of each month.	Chatty Walk Brentwood FREE 10.00-11.00	Tai Chi Brentwood Theatre FREE for referrals* 11.15-12.00	Monthly Brentwood Tea Dance - Adult SEN and Dementia Friendly Nightingale Centre, Warley, Brentwood £5.00 11.00-13.00	Chatty Walk Chelmsford FREE 10.00-11.00		
	NEW TIME! Youth Wellbeing Hub, Brentwood The Hermit, Brentwood 11-18 years FREE 17:30-19.30	NEW TIME! Youth Wellbeing Hub, Chelmsford Galleywood Youth Centre, Chelmsford 11-18 years FREE 17:30-19.30	Youth ActivAte After School Club Brentwood 5-11 years FREE 17.00-19.00 			

*Email chat1stwellbeing@gmail.com to book a place

School Holiday - Essex ActivAte Holiday Clubs - Brentwood and Chelmsford
Supported holiday clubs for children aged 5-11 years focused on mental wellbeing



 **Tea Dance** 22nd September
dates: 20th October
17th November
15th December

 **Chatty Cafe Mindfulness** 5th September 5th December
3rd October 9th January
7th November 6th February

 **Tai Chi** - Starting Wednesday 28th September 2022-7th December 2022

 **Yoga** Starting Sunday 9th October 2022 - 29th January 2023
Exclusion Dates:- 16th & 23rd Oct, 27th Nov, 25th Dec, 1st Jan.



About our Activities and Classes

All of the Chat 1st Classes and Courses are free to those who are referred through social prescribing or secondary services, or for those who would like to self refer to improve their Mental, Physical and Social Wellbeing.



Chatty Cafe

Hosted by Thurrock and Brentwood Mind at the hub in The Keys, Brentwood, you can join the Chat 1st support team for a social chat and cuppa. On the first Monday of each month we are joined by a Mindfulness practitioner to take the group through some techniques to aid relaxation and positive thinking.

Chatty Walks

Led by our Chat 1st walk leaders, our Chatty walks invite you to explore the outdoors and fresh air, taking in the green spaces we are lucky to have in our communities.

Walks take place in Brentwood and Chelmsford in all weathers!

Adult Courses

Our peer supported Adult Courses are designed for beginners to intermediates with experienced instructors teaching the tools and techniques for mental wellbeing. We are currently running Tai Chi Classes and Yoga Classes in the Brentwood Community.

These courses are free to users who are referred in through Social Prescribing teams or secondary services, you can also self refer to improve your own mental wellbeing by emailing chat1stwellbeing@gmail.com

Youth Wellbeing Hubs

Our Youth Wellbeing Hubs have been relaunched this term to offer support for young people aged 12-18 years old in building resilience and offering guidance to improve mental wellbeing through physical activity and enrichment.

Register your interest by emailing chat1stwellbeing@gmail.com, or come along on the right to see what we do. Everybody is welcome.

After School Clubs

After the successful pilot of our after school club earlier this year, we are pleased to be able to say that the club in Brentwood will be returning.

These clubs are for children aged 4-11 years old who need some extra support in a smaller and quieter setting, with staff on hand to talk through any current issues or concerns that the young people may be experiencing with today's challenges.

This club is suitable for families on low income and the children are given a hot healthy meal during the evening session.

Essex ActivAte Camps

These Holiday Activity and Food Clubs are free to children who receive benefit based free school meals and for working families on low income. The Chat 1st Essex ActivAte Holiday Camps are designed for children aged 5-11 years old who feel anxious in larger groups or children and those who need extra support in social settings.

The Holiday Camps offer a wide range of fun activities, crafts, enrichment activities and healthy food - always very popular in the holidays with both the children and their families.

Community Gardening Clubs

Chat 1st offer two Community Gardening Clubs in Brentwood, St Peters Church in Hutton and St Stephens Church in Ingrave.

These gardening sessions are led by the Chat 1st team and volunteers to give both attendees and the communities they are in something to be proud of. The transformations to these garden areas are remarkable, and give all attendees a gentle workout as well as plenty of social interaction.

Anyone can join these groups, just turn up and introduce yourself to the team.

Tea Dance

Back by popular demand our Tea Dances at the Nightingale centre are both Dementia Friendly and suitable for adults with special education needs. Once a month, these Tea Dance are led by the lovely John and Linda West, supported by the Chat 1st Team and Brentwood Borough Council Staff.

There is a charge of £5 per person for the event, to help cover the costs however carers are free.

