

# TOGETHER BETTER

## IS NOW AT KINGSMEAD



Dear Patient,

A very Happy New to You from all of us at Kingsmead!

Have you made new year's resolutions to get more active, try new things, and meet new people?

**Together Better is the right project for you!**

Together Better is a project which supports patients and local residents to get together and share their ideas and skills to start up their own groups and activities.

**All groups are completely free!**

Our current activities are a coffee group, walking group, art club, parents' chit chat, social club for people with disabilities, and Bollywood dancing!

On the 22nd of January we are starting a book club, and we are currently looking for volunteers and participants for a gardening group, craft group, and gentle exercise!

If you would like to join any group, or have an idea for a new activity, please contact Daniel Youssif-Hay at 074 627 01785 or [daniel.hay@vchackney.org](mailto:daniel.hay@vchackney.org)

# ACTIVITIES AT KINGSMEAD

All the group and activities free and open to all patients  
at Kingsmead Healthcare and local residents



**Kingsmead Book Club**  
Mon 10:30-11:30am



**Art Club**  
Mon 2:30-3:30pm



**Cuppa & Connect**  
Wed 10:30-12:30pm



**Parents & Carers  
Chit Chat**  
Thurs 10am-12pm



**Bollywood Dancing Class**  
Thurs 11am-12pm



**Walk & Talk**  
Thurs 1:30-2:30pm



**All Abilities Social Club**  
Fri 10:30am-12pm

To register, contact:

Daniel Youssif-Hay  
074 627 01785

daniel.hay@vchackney.org

[www.vchackney.org](http://www.vchackney.org)

Registered Charity No: 1068104



HACKNEY BARNES | WELL STREET COMMON  
HACKNEY | HORNSEA | LONDON | WILEY  
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