



BEAT BLUE MONDAY WITH US

The third Monday in January is often called Blue Monday - the 'most depressing day of the year'. Turn it around and join us for an uplifting afternoon focused on health and wellbeing for the whole family. Let's beat the blues together!

Where: Kennington Park Community Centre at Magee Street 1-2 Alverstone House, Magee Street, London SE11 5TS

When: Monday 19th January 2026

What time: 2pm- 6pm

What's on:

2pm - 3pm – Zumba

3:30pm - 5:30pm – Bath salt making workshop

3:30pm - 5:30pm – T-Shirt Designing workshop

3:30pm - 5:30pm – Children's art workshop

3:30pm - 5:30pm- Wellbeing Workshops for all

3:30pm - 5:30pm – 15- minute free neck, shoulder and back massages by Jemma

5pm - 6pm – Stretch class

Other services on the day

Lambeth Age UK will be joining us to provide advice on claiming benefits and offering winter support through their Energy Boost service and Handy Fix team, including booking people in for free home energy checks. We will also welcome a representative from Guys and St. Thomas' Hospital, to discuss heart health.

For massage bookings please e-mail : jemstonetherapy@gmail.com to arrange your 15 minute slot.

For any other inquiries regarding our wellbeing event and activities, please contact:

Emily.sherley-dale@berkeleygroup.co.uk

Homemade food and drinks will also be provided!

We look forward to seeing you all there!

