

# TTT – Third Thursday Time

Mental Well-being is as important as physical well-being  
TTT creates a safe space for all  
and appreciates the dignity and value of every person.

*The group aims to be*

**Supportive  
Non-judgmental  
Friendly  
Compassionate  
Creative**

*TTT, a monthly support session for those wanting to find a safe place to be  
and which addresses health and mental wellbeing,  
open to everyone over 18.*

The group meets on the Third Thursday of each month from 6 – 8pm, at Hartley Hall, Holy Cross.

*Come drop in for an evening of activities which include:*

Monthly Massage therapy  
Movement and exercise such as Tai Chi, Zumba, Yoga, dance, singing for wellbeing.  
Variety of board games  
Creative crafts including art  
Quiet time for meditation, relaxation and spirituality  
Drinks and light snacks  
Occasional facilitated talks  
Occasional entertainment  
Group Walks in local parks  
Signposting to community events  
Fundraising events ...

We will listen to you with confidentiality and aim to aid connection to each other and the wider community.

The group is volunteer led by those with an interest in health and wellbeing or with personal experience in mental health issues. Most are parishioners of Holy Cross.

Free of charge but donations are welcome to cover the refreshments, massage and facilitation costs.

We are supported by fundraising events and donations as well as Holy Cross parish.

## **Information:**

**When: Third Thursday of each month, 6-8 pm**

**Where: Hartley Hall, Culverley Road, Catford, SE6 2JS**

Hartley Hall can also be accessed via Sangley Road, gate next to Holy Cross primary school and Holy Cross Church near the 181-bus stop.

To contact TTT email [catford@rcaos.org.uk](mailto:catford@rcaos.org.uk) . They will contact the TTT coordinator. Note the email is manned twice weekly so there may be delays.