

'Lifting Spirits'

Weekly free activities at our Wellbeing Hub starting May 2026

For people in Kingston, living with mental health issues - to improve wellbeing, self confidence and have fun!

What and When

Refreshments provided

Mondays 10am - 12am

(from 11th May 2026)

'Movers and Shakers'

fun-based exercise for all abilities

Wednesdays 10am - 12am

(from 6th May 2026)

'Grubby Gardeners'

learn how to grow in our unique Gardens and Greenhouses
- for all levels

Fridays 10am - 12am

(from 8th May 2026)

'Arts Out Loud'

wide range of arts medium to enjoy
and encourage self-expression



Where

All activities take place at
96 Ditton Road, Surbiton KT6 6RH

wheelchair accessible

For more information and to book a place

Contact: gaja@thefircrofttrust.org

We are also looking for Tutors for above and other activities

contact: kathleen@thefircrofttrust.org