

Mindful Sport

These weekly sessions aim to improve mental health through physical activity and social engagement. Sessions are designed to support people who experience generalised anxiety, stress, PTSD and other conditions.

Wellbeing Yoga
Bedford Central Library
1-2 pm Wednesdays



£2

+ Free entry to table tennis

Ongoing every week

Find the friendly team on the Library Third Floor

Wellbeing Walk
Bedford Central Library
11 am-12 pm Fridays



£2

including a hot drink at Number 13 café afterwards

Ongoing every week

Find Jodi and the group in the main Library First Floor

Wellbeing Table Tennis
Bedford Central Library
2.15-3.15 pm Wednesdays



£2

Includes refreshments

Ongoing every week

Find the friendly team on the Library Third Floor

Wellbeing Swimming
Robinson Pool
3-4 pm Mondays



£2

stay for social group afterwards

Starts 12th September

Find Steve and the team in the Pool reception

No need to book - just pay on the day

For adults 18+. No diagnosis is required but sessions are aimed at those who feel they would like to improve their mental health. Mental health professionals will be supporting the delivery and signposting users to other local services that are available.

Contact us

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Let's Be Open About Mental Health To **Break The Stigma**

ONEYOU

5 Ways to Wellbeing