



Third Thursday Time

What is Third Thursday Time?

TTT is a monthly drop-in café at Hartley Hall with activities aimed at improving mental wellbeing for all. It started a year ago, after planning by a volunteer steering group, following a Parish survey which identified need locally. It is run with a Christian ethos, but is open to everyone - people of any faith or none

Who Attends?

Volunteers, all of whom identify their own need for improved mental wellbeing, and any local person over 16, whatever their background or circumstances, who wants to – we have welcomed people of all ages, some with current mental health concerns, carers, people interested in trying out different ways to look after their mental wellbeing, and some who just want a friendly place to be

What Happens?

Between 5.30 and 8.30 the café serves drinks and snacks, and there are board games, arts and crafts, singing, massage, information, a book swap and a quiet space where people can reflect, on their own or in company, available every month. There is usually a more active session – Zumba, yoga, mindfulness, Tai Chi and Morris Dancing have all been popular. People stay as long as they want to, and can join in activities if they choose. We collect feedback and respond to requests for activities where possible

How much does it cost?

Sessions are free, although we invite donations. TTT received funding from the Bishops' Conference for volunteer training, and this year we have support from the Co-op Community Fund and Catford Local Assembly

How To get involved

- We would love to meet you, your friends and neighbours at our friendly café, and we would be pleased to welcome new volunteers. To enjoy a session or become a volunteer, e mail thirdthursdaytime@gmail.com, talk to one of the volunteers or, best of all, drop in to Hartley Hall from 5.30 onwards on the third Thursday of the month
- Become a co-op member if you shop at Sangley Rd., call 0800 023 4708 or log into www.coop.co.uk/membership with your card number and select us as your chosen cause

Thanks to everyone who has supported us in any way during our first year

Some of our feedback...Will you come again?

“Yes! Oh yes!” “Wonderfully relaxing, fun and enjoyable” “Excellent” “Good for the mind” “I felt very safe” “Fun” “Really welcoming and very friendly environment”