



JSP WELLBEING HUB

TIMETABLE 2024

thejubileestreetpractice

Jubilee.st

Monday

Tuesday

Wednesday

Thursday



CLARION HOUSING



COMMUNITY GARDENING

11:00-12:30

@ Jubilee Street Practice
Meet at Front Garden
Drop in

WELLBEING WALK

10:00-11:30am

@ Jubilee Street Practice
First time attendees arrive
at 9:30 to register, main
waiting room

WOMEN'S MAT-BASED EXERCISE

9:45-10:45am

@ Jubilee Street Practice
You must have a confirmed
place to attend this class

WELLBEING WORKSHOPS

With Talking Therapies

First Thursday of the Month

11:00am-12:30pm

@ Tarling Community Centre
63 Martha Street
Shadwell, E1 2PA

CHRONIC PAIN GROUP

11:00-12:30pm

(once a month)

@ Jubilee Street Practice
Drop in

WOMEN'S SEATED EXERCISE

10:45-11:45am

@ Jubilee Street Practice
You must have a confirmed
place to attend this class

WOMEN'S HEALTH & LIFESTYLE WORKSHOP

10:00-12:00

2nd & 4th Thursday

@ Tarling East Community
Centre
63 Martha Street
Shadwell, E1 2PA

BENGALI CHRONIC PAIN GROUP

13:30-15:00

(Once a month)

@ Jubilee Street Practice
Drop in

MEN'S HEALTH & WELLBEING GROUP

TBC

@ Tarling East Community
Centre
63 Martha Street
Shadwell, E1 2PA

To register your interest, contact:

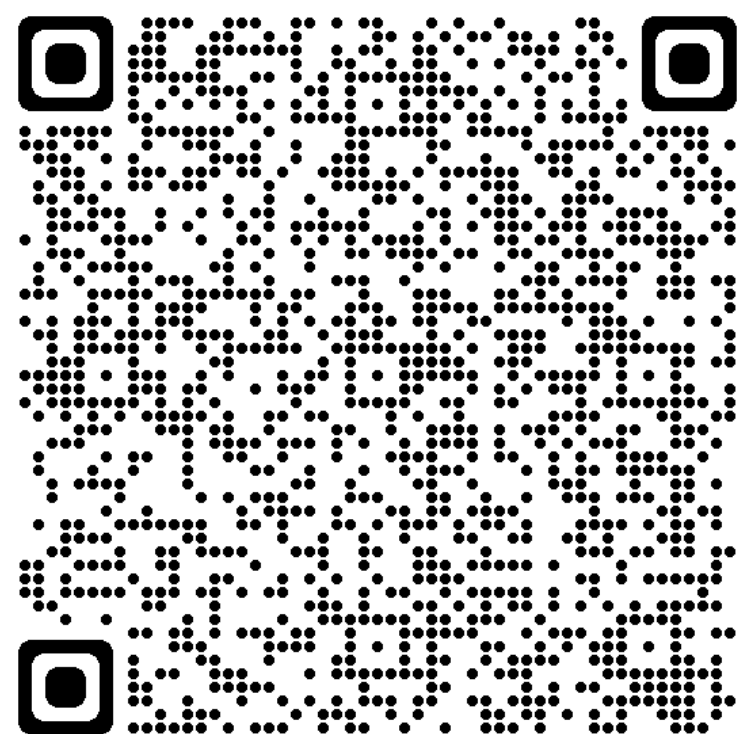
Email: thcg.jspwellbeing@nhs.net

Telephone: 07498862419

Google Form: scan the QR code

Programme Lead - Marjia

Activities Coordinator - Bouchra / Naima





MONDAYS 11AM-12:30PM

COMMUNITY GARDENING

- Learn valuable gardening skills alongside members of the community.
- Grow your own food and improve your health & wellbeing!
- have full support from a gardening facilitator.



Location: Jubilee Street Practice
368-374 Commercial Road, London E1 0LS



**CLARION
HOUSING**



WELLBEING WALK

JOIN OUR FRIENDLY COMMUNITY WALKING GROUP AND EXPLORE LOCAL PARKS AND EXERCISE

TUESDAYS WEEKLY
10:00AM-11:30AM
MEET UP: JUBILEE STREET PRACTICE
368-374 COMMERCIAL ROAD LONDON
E1 0LS



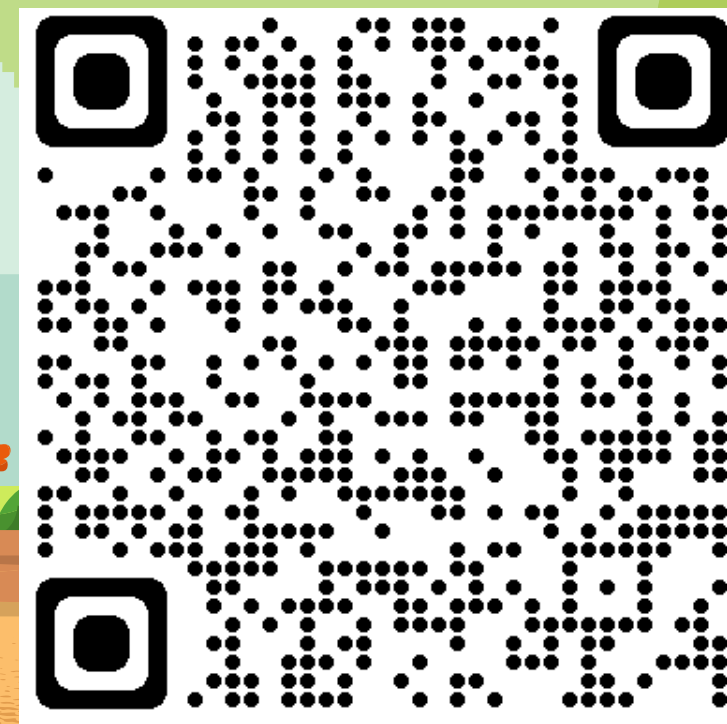
FOR FIRST-TIME ATTENDEES,
PLEASE ARRIVE AT JUBILEE STREET PRACTICE FOR
9:30AM REGISTRATION



CONTACT 07498862419

OR

SCAN THE QR CODE





JSP WELLBEING HUB CHRONIC PAIN GROUP 2024



NHS
North East London

“Learning exercises, meeting people, and learning more about how to endure my pain is what I look forward to every pain management session”.

with talking therapies

Monthly pain management workshops

Venue: Jubilee Street Practice
368-374 Commercial Road
London E1 0LS

2nd Floor Large Teaching Room



Tuesday Monthly sessions:

16th January 24: 11:00-12:30

Introduction to Pain

20th February 24 : 11:00-12:30

Pacing & Routine

19th March 24: 11:00-12:30

Goal setting & Motivation

16th April 24: 11:00-12:30

Self Care

14th May 24 : 11:00-12:30

Mindful Relaxation

11th June 24: 11:00:12:30

Worry Management



Tower Hamlets Talking Therapies
Making a positive difference through Talking Therapies

Please note: This course is delivered in English.
We also run a Bengali speaking chronic pain group also, please enquire to find out more details.



To register contact: JSP Wellbeing Hub
M: 07498862419 or E: thccg.jspwellbeing@nhs.net



JSP WELLBEING HUB CHRONIC PAIN GROUP 2024



“Learning exercises, meeting people, and learning more about how to endure my pain is what I look forward to every pain management session”.

with talking therapies
In Bengali

Venue: Jubilee Street Practice
368-374 Commercial Road
London E1 0LS
2nd Floor Large Teaching Room

Monthly Pain Management Workshops
Wednesdays 13:30pm -15:00pm

What to expect:

24th April: Introduction to Pain

2nd May: Pacing & Routine

26th June: Goal setting & Motivation

17th July: Self Care

21st August: Mindful Relaxation

11th September: Worry Management



Tower Hamlets Talking Therapies
Making a positive difference through Talking Therapies

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**JOIN
OUR**

**WELLBEING
WORKSHOPS**

**DELIVERED BY TALKING THERAPIES
TOWER HAMLETS**

SESSIONS ARE DELIVERED IN ENGLISH
**ACCESS MONTHLY WORKSHOP ON VARIOUS WELLBEING
TOPICS SUCH AS:**

- Anxiety
- Low Mood and Depression
- Food and Mood
- Long-Term Health
- Men's Mental Health
- Women's Mental Health and Menopause

6 SESSIONS

- Session 1: 02/11/2023
- Session 2: 07/12/2023
- Session 3: 11/01/2024
- Session 4: 01/02/2024
- Session 5: 07/03/2024
- Session 6: 18/04/2024

WHEN:
**THURSDAY
(ONCE A
MONTH)
11AM-
12:30PM**

WHERE
**TARLING
COMMUNITY
CENTRE
63 Martha St,
London E1 2PA**

thcg.jspwellbeing
@nhs.net
07498862419

JOIN OUR

Tarling Massage Sessions



**WHERE : TARLING EAST COMMUNITY CENTRE
(63 Martha St, London E1 2PA)**

WHEN : THREE SESSIONS ON THURSDAYS 10-11 AM

- ✓ SESSION 1 : THURSDAY 22nd FEBRUARY
- ✓ SESSION 2 : THURSDAY 29th FEBRUARY
- ✓ SESSION 3 : THURSDAY 7th MARCH

REGISTRATION WILL ONLY TAKE PLACE ON SESSION 1 (22ND FEB)

Sessions include :

- ★ Easy and simple chair massage
- ★ An aromatic massage blend
- ★ Enhances physical and mental well-being

- ★ May help ease:
 - Stress → Anxiety
 - Headaches
 - Muscle tension / pain
 - Joint stiffness

CONTACT US :

thcg.jspwellbeing@nhs.net OR 07498862419

**Join Our
WOMENS
ONLY:**

Health



and Lifestyle Sessions

**WHERE : TARLING EAST COMMUNITY CENTRE
(63 Martha St, London E1 2PA)**

WHEN : SESSIONS EVERY THURSDAYS 10 AM - 12 PM

Upcoming Session Dates:

Session 1: **08/02/24**

Session 2: **22/02/24**

+ Massage Session

Session 3: **29/02/24**

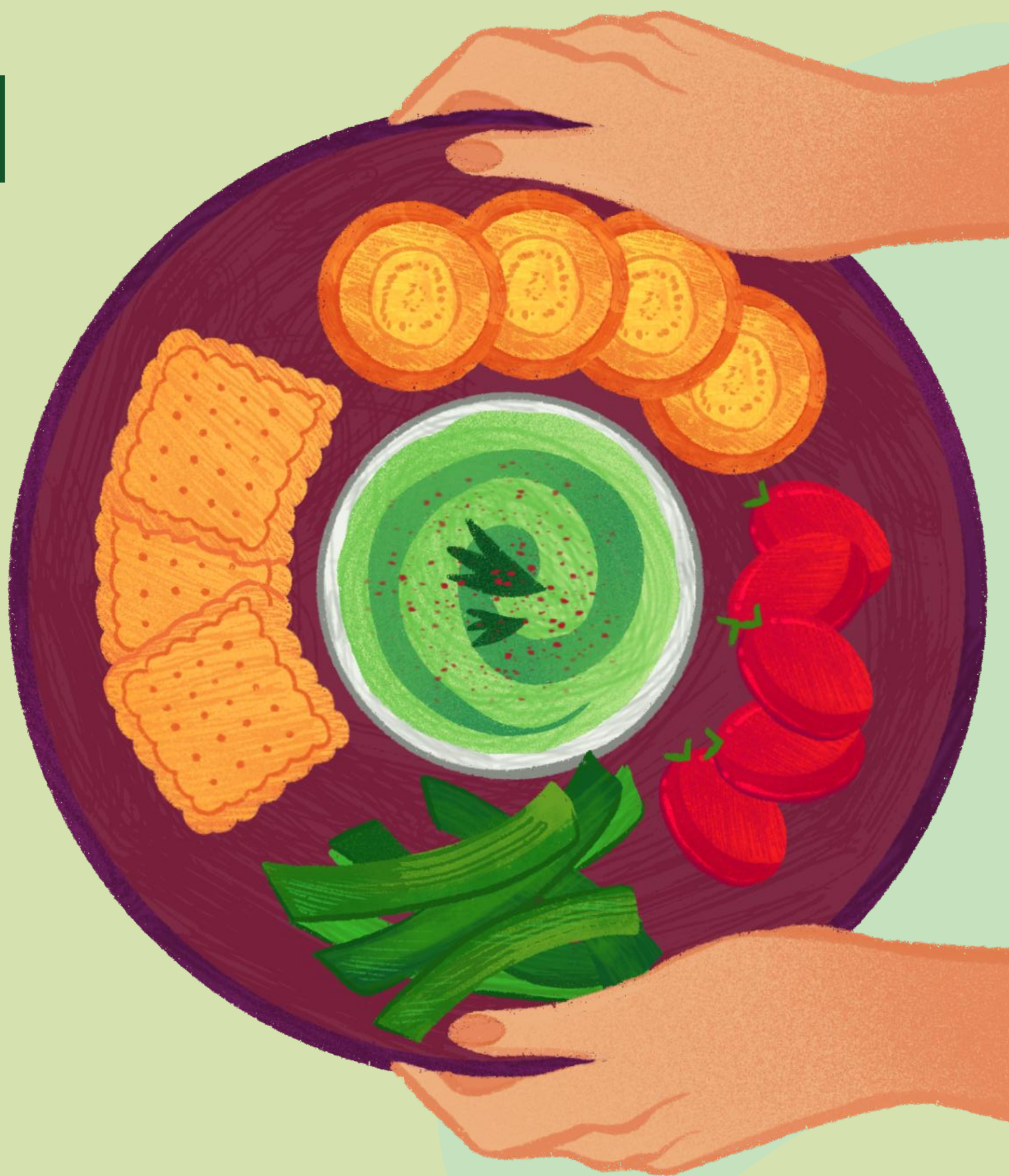
+ Massage Session

Session 4: **07/03/24**

+ Massage Session

Sessions will include:

- ◆ **Healthy eating**
- ◆ **Diabetes**
- ◆ **Diet**
- ◆ **Lifestyle choices**
- ◆ **Chronic and long-term diseases**



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