

Online Zoom webinars

Coping with Christmas (Online Zoom)

This delivered by the Recovery and Wellbeing College.
Friday 21 November 10am to 12pm

Falls Prevention (Online Zoom)

This delivered by the Recovery and Wellbeing College.
Tuesday 18 November, 2pm to 4pm

Discovering Self-Compassion (Online)

This 4-week course is being delivered by the Recovery and Wellbeing College.
Thursdays 6, 13, 20 & 27 November, 2pm to 4pm

For online courses with the Recovery & Wellbeing College, please speak to a member of staff.

Children and Young People

Creative Mindfulness for Children

Introducing mindfulness to children at Chelsea Library
Wednesdays 11am to 11:30am



Want to see more RBKC events?

Scan the QR code to explore all our upcoming events. If you have any questions just pop into your local library to ask our friendly staff.



Want to see more WCC events? Scan the QR code

Scan the QR code to explore all our upcoming events. If you have any questions just pop into your local library to ask our friendly staff.



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 Westminster Libraries & Archives



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA



City of Westminster

National Self-Care Week

See what's happening across our Bi-Borough Libraries and Community Health partners, supporting people to take a moment for themselves and their wellbeing.



 Libraries
Archives

Wellbeing Events

Community Living Well workshop

Relaxation and Mindfulness workshop at Chelsea Library
Wednesday 19 November, 12pm-3pm

Coffee Connections at Marylebone Library

An open, friendly meeting of residents to talk about different subjects of local interest.
Thursdays, 10am to 11am

Coffee Morning in Queen's Park Library

Come and join us. It's the perfect opportunity to meet new people over a cup of coffee and a slice of cake.
Monday 17 November, 10:30am to 11:30am

Understanding Bipolar Disorder

In this 2-day course, we will discuss common features of bipolar disorder, potential triggers for episodes and learn about treatment options. **Taking place in Brompton Library on Wednesdays 19 & 26 November, 1:30pm to 4pm**

Introduction to the Tree of Life: 2 Sessions

Delivered by The Recovery & Wellbeing College in collaboration with The Gordon Hospital. Requires enrollment to college to participate.
Monday 17 & 24 November, 2:30pm to 5pm

Community Living Well workshop

Getting A Good Night's Sleep workshop at Queen's Park Library.
Monday 24 November, 10am to 11am

Wellbeing Booster workshop

Delivered by Westminster Talking Therapies at Queen's Park Library.
Wednesday 19 November, 12pm to 1pm.

Creative Activities

Crafty Creations in Brompton Library

Come along and let's get crafty and creative.
Every Saturday, 10:30am to 2pm

Brompton Library Knitting Group

Come join our cosy Knitting Group at Brompton Library, where we chat, share tips, and work on our latest projects together!
Fridays 2:30pm to 3:30pm

Wednesday Lunchtime Concerts in

Westminster Music Library

Come along to watch unique lunchtime performance by singers and musicians.
Wednesdays, 12:30pm to 1:15pm

Yoga at Brompton Library

Join us for a relaxing Hatha Vinyasa yoga session with Charlie at Brompton Library!
Tuesdays, 12pm to 1pm

Saturday Knitting at Maida Vale Library

Bring your own yarn and needles, learn something new and keep each other motivated to get knitting projects done.
Saturdays, 2pm to 4.30pm

Health Information

CLCH Oral Health Stalls

Information on good oral hygiene and be mouth cancer aware. These stalls will take place in the following libraries:

- Tuesday 4 November, 10am to 12pm in Maida Vale Library
 - Wednesday 19 November, 3pm to 5pm in Charing Cross library
 - Tuesday 17 November, 3pm to 5pm in Kensington Central Library
 - Friday 28 November, 3pm to 5pm in North Kensington Library
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Westminster Talking Therapies stall

Find out more about Talking Therapies and ways to improve your mental wellbeing at Paddington Library.
Tuesday 18 November, 3pm to 5pm

