

Community Wizards Upcoming Sessions

Email communitywizards@juliansupport.org or call / text 07824 897094

Free Beginners Introduction to Mindfulness

Together in this supported environment, we will explore simple, practical mindfulness techniques that help you hit pause and find a little calm—even when life feels busy. The best part is that you can use these tools anytime and anywhere, even in the middle of a chaotic day!

Each session is a mix of guided practices and easy, everyday techniques you can easily use. Plus, you'll leave with your own “goodie bag” of calming tools to take with you.

No experience needed—just bring yourself. Everyone's welcome. Booking is advised.

Tuesday 2nd April 6.30 – 7.30pm Pilling Park Community Centre
 Wednesday 15th April 10.30 – 11.30am Pilling Park Community Centre

Looking to get back into fitness but not sure where to start?

Community Wizards, led by a qualified personal trainer, are running a supportive series of four weekly sessions designed especially for those easing back or new to exercise. No pressure, no expectation—just a welcoming space to begin again at your own pace. Parents with babies in pushchairs / prams welcome!

Come and find out more at our information session at Plumstead Road Library on Wednesday 22nd April at 11am.

There's more!
 Click the bottom right to turn the page!

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Move Together @ Pilling Park

Ready to get moving again? We've got you!

Community Wizards are hosting a friendly and supportive 4-week fitness series designed for anyone looking to ease into exercising. Whether it's been a while or you're starting fresh, this is your space to feel comfortable, confident, and encouraged - we have got you!

No experience needed
Simple, beginner-friendly activities
Personalised fitness plans tailored to *you*

New parents warmly welcome – our personal trainer is ante natal qualified!

Led by a qualified personal trainer, each session is all about going at your own pace, building confidence, and enjoying the journey—together.

Sessions are FREE and you will receive a goodie bag including some training equipment and a fitness journal so you can continue to practise at home.

Sessions are on each Wednesday in May at 1pm, meeting in Pilling Park Community Centre – Please book via the e-mail address above or contact Sophie 07824 897094

Grown Ups Hula Hooping Fun Session!

Looking for a fun way to move, laugh, and try something new? Come join a free hula hooping session!

Suitable for all abilities, including beginners, you'll be guided through simple techniques in a supportive and welcoming environment. Low impact, accessible exercise, no experience needed.

Drop by, have a giggle, and get moving! We will be in Pilling Park Community Centre between 10:30 and 11:30am on Tuesday 12th May and Thursday 21st May

