

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	New Referral Drop-in 10am — 11.00am	Heathfield Community Date: 3rd December 10am — 12.15pm Location: Heathfield	5 Ways to Wellbeing Dates: 4th, 11th, 18th 10am — 11am	Client Meeting Q&A with UOK about the Wellbeing Centres Date: 12th 11.00am– 12:00am	Mindful Colouring 10am — 11:30am
	Community Support Group 11am — 12pm	Coping with Christmas Date: 10th 10.30am-11.30am	Anxiety Group Dates: 4th, 11th, 18th 11.30am — 12.30pm	Festive Fun Date: 5th,19th 10.00am-11.00am	Bipolar Support Group Date: 6th 11.45am — 12.45pm
	Men's Support Group Dates: 9th 1.15pm — 2.15pm	Warm Space Date:3rd & 31st 1.30pm-2.30pm	Client Christmas Lunch Date: 4th 12:30pm—2pm At The Laurel * Fully Booked	Warm Space Date: 5th Dec 1pm– 2pm	Hearing Voices Group Date 13th Dec 11.45-12.45pm
Afternoon	Expressive Art Dates: 2nd & 23rd 1.15pm — 2.15pm	History Group Dates: 10th & 24th 11:30am-1pm		Lets Talk Songs Date: 12th Dec 1.00pm-2.00pm	Warm Space Date: 20th &27th Dec 1:30pm—2:30pm
		Hug in a Mug Date: 17th 11am-12.30pm		Seasonal Crafting Date: 19th Dec 12:30pm– 1:30pm	Relaxation Date: 6th 13th Dec 1:30 pm — 2:30pm
		Carols and Cakes Date: 17th 1:30pm 2.30pm			
<p>Please note: If you need support, information or you are struggling to cope, please feel free to call our centre during our opening times for support either by phone or asking if they have availability to see you in person. Centre closed for Bank Holidays 25th & 26th December</p>					

New Referral Drop in - Recovery Worker led space to find out more about our service and how we might support you.

Community Support Group - A peer-led group to explore topics that impact our lives and Wellbeing and other services that can support.

Men's Support Group - A peer-led safe space to share challenges, seek, and offer support to each other.

Expressive Art - Co-produced group with the Wellbeing Centre and clients exploring different forms of art to relax and to help manage overthinking

Heathfield Community Drop-In - Recovery Worker led social group exploring topics that impact our lives and wellbeing

Coping with Christmas— Planning ahead for challenging days

Warm Space— a place where clients can gather to support their wellbeing offering a sense of community, comfort and support

History Group— An opportunity to delve into key historical events, figures, and themes, group discussions, presentations, and exploration

Hug in a Mug— Eating and cooking together

Carols and Cakes— Singing along to festive songs with Festive cake

5 Ways to Wellbeing - Recovery Worker led group to explore ways to manage your mental health using this model.

Anxiety Group - Recovery Worker led group to learn skills and tools to help manage your anxiety.

Client Community Meeting - Recovery Worker led session to hear your feedback on the centre, service, and timetables.

Festive fun— games and fun and seasonal activities

Seasonal Crafting — Seasonal Craft making

Mindful Colouring - Recovery Worker led group: spend time colorings in from our large selection of books or bring your own.

Bipolar Support Group - A peer-led safe space to share challenges, seek, and offer support to each other.

Hearing Voices Support Group - A peer-led safe space to share challenges, seek, and offer support to each other.

Relaxation - Recovery Worker led group to explore mindfulness, meditation, and tools to help relax before the weekend.