

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>Community support drop at Fellowship of St Nicholas (FSN) see address overleaf</p> <p>various Activities</p> <p>10.30am-2.30pm</p>	<p>Community support drop at Fellowship of St Nicholas (FSN) see address overleaf</p> <p>Various Activities</p> <p>10.30am-2.30pm</p>	<p><b>Walking Group</b> 11am-12.30pm</p> <p><b>Meet at the White Rock Hotel</b></p>	<p>Community support drop at Fellowship of St Nicholas (FSN)</p> <p>See address overleaf</p> <p>Various Activities</p> <p>10.30am-2.30pm</p>	<p><b>CLOSED</b></p> <p>Telephone support available 10am-3pm</p>
Afternoon	<p><i>The Wellbeing centre will reopen the week on the 28th April 10.30am-2.30pm</i></p>	<p><i>The Wellbeing centre will reopen the week on the 28th April 10.30am-2.30pm</i></p>		<p><i>The Wellbeing centre will reopen the week on the 28th April 10.30am-2.30pm</i></p>	<p><i>The Wellbeing centre will reopen the week on the 28th April 10.30am-2.30pm</i></p>

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 asking if they have availability to see you in person or over the phone. **\*We will be closed on 18th and 21st April due to the bank holiday**