

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>New referral drop in 10.30am-11.30am</p> <p>Themed Peer Group 11am-12.30pm *limited spaces</p>	<p>Games Group 11.30am-1pm</p> <p>Relaxation and Mediation 1pm-1.30pm (front room)</p>	<p>Walking Group 11am-12.30pm</p> <p>Ask team for meeting location</p>	<p>Quiz 10.30am-11am</p> <p>Community support drop in 11am-12.30pm</p> <p>Exploring Nature through Art 5th & 12th Dec 10.30am-1pm <i>*Run by college</i></p> <p>HARC Benefits advice drop in 10.30am-12.30pm Every 2 weeks, check dates with team</p> <p>Christmas party 11am-1pm 19th Dec</p>	<p>Community Support Drop in 11am-12.30pm</p> <p>Anxiety & Depression course 10.30am-12pm 10 week course</p> <p>Seasonal arts and crafts 1pm-2.30pm</p>
Afternoon	<p>Weaving group 1.30pm-3pm (not running 23rd)</p>	<p>Knitting for wellbeing 1.30pm-3pm</p>			<p>Out and about groups Ask team for more information</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 are closed on Bank Holidays WE WILL BE CLOSED ON THE 25TH & 26TH DEC & 1ST JAN**