

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	New referral drop in 10.30am-11.30am	Games Group 11.30am-1pm	Walking Group 11am-12.30pm	Quiz 10.30am-11am	Community Support
	Themed Peer Group 11am-12.30pm *limited spaces	Introduction to Origami 4th Feb 10.30am-12.30pm * run by college	Ask team for meeting location	Community support drop in 11am-12.30pm	Drop in 11am-12.30pm
	Weaving group 1.30pm-3pm (not running 26th)	Relaxation and Mediation 1pm-1.30pm (front room)		Made by Meditation 6th Feb 10.30am-12.30pm *run by college	Wellbeing with peer 7th & 21st 10.30am-12pm
Afternoon		Knitting for wellbeing 1.30pm-3pm		Arts & Crafts group 1pm-3pm	Anxiety Group 7th & 21st Feb
				HARC Benefits advice drop in 10.30am-12.30pm Every 2 weeks, check dates with team	12.30pm-3pm

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**