

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Community Drop In 10.30 - 12pm Centre closed 21st	Felting 10.30am - 12pm	Games, Knit and Natter Group 10.30am - 12pm Music Appreciation 10.30am - 12pm	LGBT + Group 6th 11am - 12pm Hearing Voices Group 17th 11am - 12pm New Referral Drop in 10th and 24th 11am - 12pm	Clay Group 10.30am - 12pm Centre closed 18th
Afternoon	Wellness Toolbox 1pm - 2.30pm	Experimental Weaving 1st and 8th April 12.30pm - 3pm Art Group 15th, 22nd and 29th 1pm - 3pm	Community Drop-in 2nd, 9th and 16th 1.30pm - 3pm Art and Mindfulness 23rd and 30th April 12.30pm - 3pm	Support Circle 1pm - 2pm	Card Group 1pm - 3pm

Please note: In addition to the sessions listed in this timetable, we offer one-to-one appointments for advice and support. If you need support or information or you are struggling to cope, please feel free to attend or call our centre during our opening times and a member of staff will be happy to provide assistance when they are available.