

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Community Drop In 10.30am - 12pm	Managing Anxiety 10.30am - 12pm	Games, Knit and Natter Group 10.30am - 12pm Music Appreciation 10.30am - 12pm	Hearing Voices Group 20th 11am - 12pm New Referral Drop in 6th and 27th 11am - 12pm	Staff Led Interactive Games 10.30am - 12pm
Afternoon	Wellness with Peer 1pm - 2.30pm	Working in Colour 4th and 11th 12.30 - 3pm Art Group 18th and 25th 1pm - 3pm	Mosaic Workshop 1pm - 3pm	Support Circle 1pm - 2pm Q&A with UOK about the Wellbeing Centres Hosted by: Stuart Reid (Lead Provider) Supported by: a Senior Southdown manager Date: 13th February Time: 2pm - 3pm	Confidence Inspiring Drama Group 14th and 28th 1pm - 3pm 7th and 21st 1pm - 2pm Relaxation Group 7th and 21st 2pm - 2.30pm 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.