

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>Spud Club</b> 10am - 12-30pm	<b>Centre Closed Until 1pm</b>          <b>CENTRE CLOSED ALL DAY 15TH OCTOBER</b>	<b>Games, Knit and Natter Group</b> 10-30am - 12pm       <b>Music Appreciation</b> 10-30am - 12pm	<b>Hearing Voices Group</b> <b>24th October</b> 11am - 12pm  <b>Community Drop in</b> 10-30am - 12pm  <b>New Referral Drop in</b> <b>3rd and 17th Oct</b> 10-45 - 11-45	<b>Positive Projects</b> 10-30am - 12pm
Afternoon	<b>Wellness with Peer Group</b> 1-30pm - 3pm	<b>Creative Art for Wellbeing</b> 1pm - 3pm	<b>Centre Closing at 12pm</b>	<b>Support Circle</b> 1pm - 2pm	<b>Confidence Inspiring Drama Group</b> <b>4th and 18th October</b> 1pm - 3pm  <b>11th and 25th October</b> 1pm - 2pm  <b>Card Group</b> 1pm - 3pm  <b>Mindfulness</b> <b>11th and 25th October</b> 2pm - 2-30pm

**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.