

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	New referral drop in 10.30am-11.30am	Games Group 11.30am-1pm	Walking Group 11am-12.30pm Ask team for meeting location	Quiz 10.30am-11am	Community Support Drop in 11am-12.30pm
	Themed Peer Group 11am-12.30pm *limited spaces	Relaxation and Mediation 1pm-1.30pm (front room)	Slow down with stich meditations 18th, 25th September 10am-12.30pm	Community support drop in 11am-12.30pm	Gardening with peer 10am-11am
Afternoon	Weaving group 1.30pm-3pm NOT ON 23rd & 30th Sept	Wellbeing & Creativity Journal 17th, 24th September 10.30am-1pm *Run by college	*run by college	HARC Benefits advice drop in 10.30am-12.30pm Every 2 weeks, check dates with team	Out and about group 1pm-3pm Various locations see poster
		Knitting for wellbeing 1.30pm-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**