

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Community support drop in 10am-12.30pm</p> <p>Photography Group 1pm-2.30pm</p> <p>Craft Club 1.30pm-3pm</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>The building is open for members of the "Thinking Well" Service only</p> </div> <p>Telephone support available</p>	<p>Community support drop in 10am-12.00pm</p> <p>Quiz 10am-11am</p> <p>Hearing voices 11am-12pm</p> <p>Last Wednesday of the month 30th April *registration required</p> <p>Yoga 1pm-2pm</p> <p>16th April-21st May</p>	<p>Community support drop in 10.30am-12.30pm</p> <p>Peer Group 11am-12pm</p> <p>Client led Gardening group 1.30pm- 2.30pm *Weather dependant</p>	<p>Community support drop in 10.30am-12.30pm</p> <p>Creative poetry group 10.30am-12pm Only running on 11th April</p> <p>New Referral Drop in 11am-12pm</p> <p>Walking Group 1.15pm-2.45pm *Ask staff for Meeting point in the community</p>

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 , We will be closed on Friday 18th April-Monday 21st April due to the bank holiday.**

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