

Open: Monday, Wednesday, Thursday & Friday 10am - 3pm, Tuesday in the community 10am to 12pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Community support drop in 10am-12.30pm</p> <p>Seasonal art for wellbeing 10.30am-3.30pm</p> <p>5th, 12th Aug</p> <p><i>*run by college</i></p> <p>New Referral Drop in 1pm-2pm</p> <p>Games group Board games provided 1pm-2pm</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>Walking group 10am-11.30am</p> <p><i>*Ask staff for Meeting point in the community</i></p>	<p>Community support drop in 10am-12.00pm</p> <p>Quiz 10am-11am</p> <p>Hearing voices 12.pm– 1pm</p> <p><i>*registration required</i></p> <p>Yoga 1pm-2.30pm</p> <p>Ask staff for dates</p>	<p>Community support drop in 10.30am-12.30pm</p> <p>Peer Group 11am-12pm</p> <p>Client led Art group 10.30am-12.30pm</p> <p>Client led Gardening group 1.30pm- 2.30pm</p> <p><i>*Weather dependant</i></p>	<p>Community support drop in 10.30am-12.30pm</p> <p>Walking Group <b>**NEW**</b> 1.15pm-2.45pm</p> <p><i>*Ask staff for Meeting point in the community</i></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 26th August due to the bank holiday**