

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>Wood Whittling 20th, 27th Jan 10.30am-1pm*run by the college</p> <p>Photography Group 1pm-2.30pm</p> <p>Weaving workshop 27th Jan 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>Walking group 10am-11.30am *Ask staff for Meeting point in the community</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 29th Jan *registration required</p> <p>Yoga 1pm-2pm Ask staff for dates</p>	<p>Community support drop in 10.30am-12.30pm</p> <p>Peer Group (not run by peer in Jan) 11am-12pm</p> <p>Wellbeing & creativity journal 9th, 16th, 23rd & 30th Jan 10.30am-1pm *Run by the college</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 Starts 10th Jan</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 1ST JANUARY**

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