

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>Exploring nature through art * run by the college 3rd, 10th, 17th & 24th March 10.30am-1pm</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>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 26th March *registration required</p> <p>Yoga 1pm-2pm 26th Feb-2nd April</p>	<p>Community support drop in 10.30am-12.30pm</p> <p>Peer Group 11am-12pm</p> <p>Experimental sketchbooks 6th, 13th, 20th & 27th March *run by college 10.30am-1pm</p> <p>Singing for wellbeing taster sessions NEW 2pm-3.15pm</p> <p>Client led Gardening group 1.30pm- 2.30pm *Weather dependant</p>	<p>Community support drop in 10.30am-12.30pm</p> <p>Anxiety Workshop 10.30am-12pm</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**

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