

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	New referral drop in 10.30am-11.30am	Games Group 11.30am-1pm	Walking Group 11am-12.30pm	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)	Ask team for meeting location	Community support drop in 11am-12.30pm	Gardening with peer 10am-11am
Afternoon	Weaving group 1.30pm-3pm Ask team for start date	Seasonal art for wellbeing 10.30am-3.30pm 6th, 13th Aug 1 course per person <i>*Run by college</i>		HARC Benefits advice drop in 10.30am-12.30pm Every 2 weeks, check dates with team	Out and about group 1pm-3pm
		Knitting for wellbeing 1.30pm-3pm		Anxiety & Depression workshop 8th, 15th, 22nd & 29th Aug 1.30pm-3pm	Various locations see poster

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 Monday 26th August, due to the bank holiday**