

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>New referral drop in</b> 10.30am-11.30am	<b>Games Group</b> 11.30am-1pm	<b>Walking Group</b> 11am-12.30pm  Ask team for meeting location	<b>Quiz</b> 10.30am-11am  <b>Community support drop in</b> 11am-12.30pm	<b>Community Support Drop in</b> 11am-12.30pm
	<b>Themed Peer Group</b>  <b>Scenes and solutions</b> 11am-12.30pm  *limited spaces  <b>Not run by peer</b>	<b>Introduction to Origami</b> 14th, 21st & 28th Jan  <b>10.30am-12.30pm * run by college</b>		<b>Made by Meditation</b> 16th, 23rd & 30th Jan  <b>10.30am-12.30pm *run by college</b>	<b>Anxiety &amp; Depression course</b> 12pm-2.30pm  <b>10 week course</b>
Afternoon	<b>Weaving group</b> 1.30pm-3pm (not running on 13th & 27th)	<b>Relaxation and Mediation</b> 1pm-1.30pm (front room)  <b>Knitting for wellbeing</b> 1.30pm-3pm		<b>HARC Benefits advice drop in</b> 10.30am-12.30pm  Every 2 weeks, check dates with team	<b>Out and about groups</b> Ask team for more information

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**