

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>Community support drop at Fellowship of St Nicholas (FSN) see address overleaf</p> <p>various Activities</p>	<p>Community support drop at Fellowship of St Nicholas (FSN) see address overleaf</p> <p>Various Activities</p>	<p>Walking Group 11am-12.30pm</p> <p>Meet at the White Rock Hotel</p> <p>Ask team for meeting location</p>	<p>Community support drop at Fellowship of St Nicholas (FSN)</p> <p>See address overleaf</p> <p>Various Activities</p>	<p>CLOSED</p> <p>Telephone support available 10am-3pm</p>
Afternoon	10.30am-2.30pm	10.30am-2.30pm		10.30am-2.30pm	

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. ***All sessions will take place at Fellowship of St Nicholas (FSN) Throughout March. See overleaf for address**