

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>New referral drop in 10.30am-11.30am</p> <p>Themed Peer Group 11am-12.30pm *limited spaces</p>	<p>Games Group 11.30am-1pm</p> <p>Relaxation and Mediation 1pm-1.30pm (front room)</p>	<p>Walking Group 11am-12.30pm Ask team for meeting location</p>	<p>Quiz 10.30am-11am</p> <p>Community support drop in 11am-12.30pm</p> <p>Exploring Nature through Art 7th, 14th 21st & 28th Nov 10.30am-1pm <i>*Run by college</i></p> <p>HARC Benefits advice drop in 10.30am-12.30pm Every 2 weeks, check dates with team</p>	<p>Community Support Drop in 11am-12.30pm</p> <p>Anxiety & Depression course 10.30am-12pm 10 week course</p> <p>Out and about group 1pm-3pm Various locations see staff for details and dates</p>
Afternoon	<p>Weaving group 1.30pm-3pm (not running 25th)</p>	<p>Knitting for wellbeing 1.30pm-3pm</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**