

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	New referral drop in 10.30am-11.30am Themed Peer Group 11am-12.30pm *limited spaces	Games Group 11.30am-1pm Relaxation and Mediation 1pm-1.30pm (front room) Wellbeing & Creativity Journal 8th, 15th & 22nd 10.30am-1pm *Run by college	Walking Group 11am-12.30pm Ask team for meeting location Slow down with stich meditations 2nd, 9th, 16th & 23rd 10am-12.30pm *run by college	Quiz 10.30am-11am Community support drop in 11am-12.30pm Halloween themed arts and crafts 10.30am-1pm HARC Benefits advice drop in 10.30am-12.30pm Every 2 weeks, check dates with team	Community Support Drop in 11am-12.30pm Anxiety & Depression course 10.30am-12pm 10 weeks Out and about group 1pm-3pm Various locations see staff for details and dates
	Afternoon	Weaving group 1.30pm-3pm (not running 28th Oct)	Knitting for wellbeing 1.30pm-3pm		

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**