

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Spud Club 10am - 12.30pm	Community Meeting Date: 12th Nov 10am-11am With: Alisha (Service Manager)	Games, Knit & Natter Group 10.30am - 12pm Music Appreciation 10.30am - 12pm Mood Boosting Meals 10am - 1pm	Hearing Voices Group Date: 21st Nov 11am - 12pm Community Drop in 10.30am - 12pm New Referral Drop in Date: 14th & 28th Nov	Positive Projects 10.30am - 12pm
Afternoon	Wellness with Peer Group 1.30 - 3pm	Creative Art for Wellbeing 1pm - 3pm	Centre Closing at 1pm	Support Circle 1pm - 2pm	Confidence Inspiring Drama Group Date: 1st and 15th Nov 1pm - 3pm Date: 22nd Nov (Peer led) 1pm - 3pm Date: 8th & 29th 1pm - 2pm Card Group 1pm - 3pm

Please note: In addition to the sessions listed in this timetable, we offer one-to-one appointments for advice and support. If you need support or information or you are struggling to cope, please feel free to attend or call our centre during our opening times and a member of staff will be happy to provide assistance when they are available.