

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>Spud Club</b> 10am - 12.30pm	<b>Q&amp;A with UOK about the Wellbeing Centres</b>  Hosted by: Stuart Reid (Lead Provider)  Supported by: a Senior Southdown manager  Date: 10th December Time: 10am - 11am	<b>Games, Knit and Natter Group</b> 10.30am - 12pm  <b>Music Appreciation</b> 10.30am - 12pm  <b>CENTRE CLOSED 25th</b>	<b>Hearing Voices Group 19th</b> 11am - 12pm  <b>New Referral Drop in 5th and 12th</b> 11am - 12pm  <b>CENTRE CLOSED 26th</b>	<b>Community Drop in</b> 10.30am - 12pm
Afternoon	<b>Wellness with Peer Group</b> 2nd, 9th, 16th and 30th 1.30pm - 3pm  <b>Community Drop In</b> 23rd 1.30pm - 3pm	<b>Creative Art for Wellbeing</b> 1pm - 3pm	<b>Christmas Crafting</b> 4th, 11th and 18th 1pm - 3pm	<b>Support Circle</b> 5th and 12th 1pm - 2pm  <b>Christmas Buffet and Games</b> 19th 1pm to 3pm	<b>Confidence Inspiring Drama Group</b> 6th and 20th 1pm - 3pm <b>13th</b> 1pm - 2pm <b>27th (Peer Led)</b> 1pm to 2pm  <b>Card Group</b> 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.