

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Community support drop in 10am-12.30pm</p> <p>Photography Group 1pm-2.30pm last session 7th</p> <p><b>We will be closed on Mondays from 14th July</b></p>	<div> <p>The building is open for members of the "Thinking Well" Service only</p> </div> <p>Telephone support available 10am-3pm</p>	<p>Community support drop in 11am-12.30pm</p> <p>Quiz 10am-11am</p> <p>Craft club 11am-1pm *not running the 30th July</p> <p>Yoga 1pm-2pm</p>	<p>Community support drop in 10.30am-12.30pm</p> <p>Art group 10.30am-12.30pm</p> <p>Wellness with Peer group 11am-12.30pm</p> <p>Client led Gardening group 1.30pm- 2.30pm *Weather dependant</p> <p><b>ONLINE Community drop-in</b> 2pm-3pm (run by Wellbeing Centre staff) *Ask staff for link/codes to access</p>	<p>Community support drop in 10.30am-12.30pm</p> <p><b>UOK Client Update meeting</b> <b>25th July</b> <b>12pm</b> Hosted by: Stuart Reid</p> <p>New Referral Drop in 11am-12pm</p> <p>Walking Group 1.15pm-2.45pm *Ask staff for Meeting point in the community</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, WE WILL BE CLOSED FRIDAY 11TH JULY**

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