

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Themed community drop in (craft) 10am-11am</p> <p>Relaxation/ meditation 11.15am-12.15pm</p> <p>New Referral Drop in 1pm-2pm</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>The building is open for members of the "Thinking Well" Service only (all day)</p> </div> <p>Walking group 10am-11.30am *Ask staff for Meeting point in the community</p>	<p>Themed community drop in (quiz) 10am-11am</p> <p>Mindfulness colouring 11am-12pm</p> <p>Hearing voices 12pm- 1pm *registration required</p> <p>Yoga 1pm-2.30pm Dates: 24th, 31st May, 7th, 14th & 21st June *registration required</p>	<p>Community support drop in/ Peer group 10.30am-12pm</p> <p>Exploring nature through art 10.30am-1pm Start:8th June-13th July *registration required</p> <p>Client led Gardening group 1.30pm- 2.30pm *Weather dependant</p> <p>HARC Benefits advice drop in 10.30am-12.30pm *2nd & 4th Thursday of the month</p>	<p>Community support drop in 10.30am-12pm</p> <p>Singing for wellbeing 10.30am-12.30pm Dates: 9th, 16th, 23rd & 30th June, 7th & 14th July *registration required</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>The building is open for members of the "Thinking Well" Service only (1pm onwards)</p> </div>

In addition to the sessions listed in this timetable, we offer one-to-one appointments for advice and support. 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**

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