

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Themed community drop in (craft)/ 10am-12.30pm</p> <p>New Referral Drop in 1pm-2pm</p> <p>Games group Board games provided 1pm-2pm</p>	<p>The building is open for members of the "Thinking Well" Service only (all day)</p> <p>Walking group 10am-11.30am *Ask staff for Meeting point in the community</p>	<p>Themed community drop in (quiz) 10am-12.00pm</p> <p>Mindfulness colouring 11am-12.00pm</p> <p>Hearing voices 12.pm– 1pm *registration required</p> <p>Yoga 1pm-2.30pm 1st,8th,15th & 22nd May</p>	<p>Community support drop in 10.30am-12.30pm</p> <p>Peer Group 11am-12pm</p> <p>Exploring Nature through Art 2nd, 9th, 16th 23rd May 10.30am-1pm</p> <p>Client led Art group 10.30am-12.30pm</p> <p>Client led Gardening group 1.30pm- 2.30pm *Weather dependant</p>	<p>Community support drop in 10.30am-12.30pm</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 on the 6th and 27th May**