

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	New Referral Drop-in 10am — 11am Autism Support Group Dates: 16th June 11:30am - 12.30pm	Writing for Wellbeing Dates: 3rd, 10th & 24th 10.30am - 12pm Let's Talk Mental Health Peer Support Group Date: 17th June 10.30 - 12pm Music Group 1pm - 2.30pm	Groups are operated in the community Walking Group Hampden Park (meet outside Lakeside Tea Chalet) Dates: 4th, 11th, 18th, & 25th 10.30am - 12pm	Groups are operated in the community For other Wellbeing Centre timetables, please contact your recovery worker or visit: https://www.southdown.org/services/wellbeingcentres/	Arts & Crafts 10.30am - 12pm Men's Health Week Celebration Date: 13th June 1 - 2.30pm
	Hearing Voices Group Date: 23rd June 11:30am - 12.30pm Client Community Meeting Date: 30th June 11:30am– 12:30pm Games & Warm Space 1:30pm– 2:30pm			Online Community Support Drop—in* Dates: 5th, 12th, 19th & 26th 2pm-3pm	Guided Meditation & Relaxation Dates: 6th, 20th & 27th 1pm– 2pm

Please note: If you need support, information, or you are struggling to cope, please feel free to call our centre during our opening times and a member of staff will be happy to help when they are available. **We are closed on Bank Holidays.**

New Referral Drop in - For new referrals and/ or external services to find out more about the Wellbeing Service and how we can support you.

Autism Support Group - A peer-led safe space to talk openly, share challenges, seek and share support with each other

Hearing Voices Group - A peer-led safe space to talk openly, share challenges, seek and share support with each other

Client Community Meeting - An opportunity for current clients to hear about the latest updates from the Wellbeing Service and to share your feedback about the service, centre, timetable and resources.

Games & Warm Space - Come and play cards, scrabble, chess, kerplunk and other games with peers, use Wellbeing Centre resources, or bring your own activity and enjoy a nice hot drink at the Wellbeing Centre.

Writing for Wellbeing - A calm, quiet space to enjoy any kind of writing. Staff are able to provide some writing prompts for journalling.

Let's Talk Mental Health Peer Support Group - A peer- led safe space to talk openly about our experiences and to share coping strategies.

Music Group - Enjoy music and explore how it can be used to support your emotional wellbeing or use Wellbeing Centre resources provided

Walking group - Enjoy a gentle stroll around Hampden Park with staff and peers.

Online Community Support Drop-in - Led by Wellbeing Centre staff. Enjoy a cup of tea and conversation with peers from the comfort of your own home. Online behaviour guidelines apply. *Please speak to staff for access details.

Arts & Crafts - Open to all abilities - create, draw, design, make, mend, sew, knit or paint your way to positive wellbeing!
Bring your own activity

Men's Health Week Celebration - Join us to celebrate and raise awareness of Men's mental health. Refreshments provided.

Guided Meditation & Relaxation - Enjoy some peace and tranquillity at the Wellbeing Centre. Guided meditations are provided on the large TV in the group room.