

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	New referral drop in 10.30am-11.30am	Games Group 11.30am-1pm Anxiety workshop 10.30am-12.30pm	Walking Group 11am-12.30pm	Quiz 10.30am-11am 10am-12.30pm Introduction to Origami 20th, 28th April, 4th & 11th May 12.30pm-2.30pm	Community Support Drop in 11am-12.30pm The benefits of Health, Hygiene & Wellbeing 26th April 11am-12.30pm
	Themed Peer Group 11am-12.30pm *limited spaces	2nd & 9th April 1.30pm-3pm Seasonal sketch books 16th, 23rd & 30th April, 7th 14th & 21st May		Community support drop in 11am-12.30pm HARC Benefits advice drop in 10.30am-12.30pm Every 2 weeks, check dates with team	Young persons drop in 1pm-2pm
Afternoon	Weaving group 1.30pm-3pm 8th & 22nd April	10.30am-1pm Relaxation and Mediation 1.15pm-2.15pm (front room) Knitting for wellbeing 1.30pm-3pm (activity room)			

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**