

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Community support drop in 10.30am—12.30pm Wellness with peer group 11am-12.30pm *limited spaces *Not running 4th & 25th Aug	Games Group/Drop in 10.30am-1pm Relaxation and Mediation 1pm-1.30pm *not running on the 5th Aug	Service closed Telephone support available 10am-3pm	Quiz 10.30am-11am Community support drop in 11am-2.00pm HARC Benefits advice drop in 10.30am-12.30pm 14th & 28th Aug	Wellness with peer group 11am-12.30pm Community Drop in 10.30am-2pm Fish and chips afternoon 8th Aug 12.30pm-2.30pm Meet at The crazy golf *sign up essential
Afternoon	Weaving/craft group 1.30pm-3pm *Not running on the 4th & 25th Aug	Knitting for wellbeing client led 1.30pm-3pm		ONLINE Community drop-in 2pm-3pm (run by Wellbeing Centre staff)* Ask staff for link/ codes to access	

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. **Please note we are closed bank holidays, we will be closed on Monday 25th Aug**