

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Craft Group 10am—11.30am	Games Group/Drop in 10.30am-12.30pm Slow stitching 10.30am-1pm *run by college 3rd & 10th Feb Relaxation/Mediation 12.30pm-1pm	Wellbeing Centre Closed	Quiz 10.30am-11am Community support drop in 11am-12pm Intro to Origami 1.30pm-3.30pm *run by college 5th Feb Knitting for wellbeing 1pm-3pm	Wellbeing Centre Closed
Afternoon	Open Access 12.30pm-2.30pm *For members of the public	Wellness with peer group 1pm-2.30pm *registration required, speak to staff		ONLINE Community drop-in 11am-12pm *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**



HARC Benefits advice drop in (Thursdays—12th & 26th Feb)

10.30am-12.30pm

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