

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Craft Group 10am—11.30am	Games Group/Drop in 10.30am-12.30pm Slow stitching 6th, 13th, & 27th Jan 10.30am-1pm <i>*run by college</i>	Wellbeing Centre Closed	Quiz 10.30am-11am Community support drop in 11am-12pm Intro to Origami 15th, 22nd, 29th Jan 1.30pm-3.30pm <i>*run by college</i>	Wellbeing Centre Closed
Afternoon	Open Access 12.30pm-2.30pm <i>*For members of the public</i>	Wellness with peer group 1pm-2.30pm <i>*registration required, speak to staff</i>		Knitting for wellbeing 1pm-3pm ONLINE Community drop-in 11am-12pm <i>*Ask staff for link/codes to access</i>	

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 1st January & 20th January**



HARC Benefits advice drop in (Thursdays—15th & 29th Jan)

10.30am-12.30pm

Wellness with peer group

Not running 13th or 20th January, welcome to use space, client led activity

Southdown Mental Health Service redesign Update

22nd January

11am

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