

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	New referral drop in 10.30am-11.30am Wellness with peer group 11am-12.30pm *limited spaces *Not running 21st July	Games Group/Drop in 10.30am-1pm Relaxation and Mediation 1pm-1.30pm Knitting for wellbeing client led 1.30pm-3pm	Service closed Telephone support available 10am-3pm 23rd July Walk/coffee group Meet at Warrior square or White rock 11am/11.30am	Quiz 10.30am-11am Community support drop in 11am-2.00pm HARC Benefits advice drop in 10.30am-12.30pm 29th May Every 2 weeks, check dates with team ONLINE Community drop-in 2pm-3pm (run by Wellbeing Centre staff)* Ask staff for link/ codes to access	Wellness with peer group 11am-12.30pm Community Drop in 10.30am-2pm UOK Client Update meeting 25th July 2pm Hosted by: Stuart Reid
Afternoon	Weaving/craft group 1.30pm-3pm				

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**