

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>New referral drop in</b> 10.30am-11.30am	<b>Games Group</b> 11.30am-1pm	<b>Walking Group</b> 11am-12.30pm	<b>Quiz</b> 10.30am-11am	<b>Community Support Drop in</b> 11am-12.30pm
	<b>Themed Peer Group</b> 11am-12.30pm	<b>Exploring nature through Art</b> 10.30am-1pm 6th June-11th July *registration required, speak with a member of the team		<b>Creative Group</b> 11am-12.30pm  <b>HARC Benefits advice drop in</b> 10.30am-12.30pm 1st & 3rd Thursday of each month	<b>Young persons group</b> 1pm-2pm  <b>Hearing Voices Group</b> 1.45pm-2.45pm *Registration required, limited spaces
Afternoon	<b>Mindfulness Colouring</b> 1.30pm-3pm	<b>Knitting for wellbeing</b> 1.30pm-3pm		<b>Bring your own craft group</b> 1.30pm-3pm	<b>Gardening Group</b> 1.00pm-2.30pm

In addition to the sessions listed in this timetable, we offer one-to-one appointments for advice and support. 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**