

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	New referral drop in 10.30am-11.30am	Games Group 11.30am-1pm	Walking Group 11am-12.30pm	Quiz 10.30am-11am	Community Support Drop in 11am-12.30pm
	Themed Peer Group 11am-12.30pm *limited spaces	Seasonal sketch books 7th 14th & 21st May 10.30am-1pm	Slow stitching for beginners 1st, 8th, 15th 22nd & 29th May 10am-12pm	Introduction to Origami 2nd & 9th May 12.30pm-2.30pm	Anxiety Workshop 17th & 24th May 10.30am-1pm
	Weaving group 1.30pm-3pm	Relaxation and Mediation 1.15pm-2.15pm (front room)		Community support drop in 11am-12.30pm	Young persons drop in 1pm-2pm
Afternoon		Knitting for wellbeing 1.30pm-3pm		HARC Benefits advice drop in 10.30am-12.30pm Every 2 weeks, check dates with team	Not running 31st May Out and about group 31st May 1pm-3pm Various locations see poster

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, We will be closed on 6th May and 27th May.**