S		tings Wellbeing Centre Timetable Monday to Friday 10am - 3pm			May 25
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	New referral drop in 10.30am-11.30am Themed Peer Group 11am-12.30pm	Games Group/Drop in 11.30am-1pm Relaxation and Mediation	Walking Group 11am-12.30pm Ask team for meeting location	Quiz 10.30am-11am Community support drop in 11am-12.30pm HARC Benefits advice drop	Community Support Drop in 11am-12.30pm Introduction to Origami
	*limited spaces Weaving/craft group	1pm-1.30pm Knitting for wellbeing client	Mallydams 14th May 10.15am-3pm Registration required	in 10.30am-12.30pm 29th May Every 2 weeks, check dates with team	10am-12pm *run by the college 9th, 16th & 23rd May Scenes and scenarios with
Afternoon	1.30pm-3pm 19th May	led 1.30pm-3pm		ONLINE Community drop-in 2pm-3pm (run by Wellbeing Centre staff)* Ask staff for link/ codes to access	peer 12.30pm-1.30pm

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 MONDAY 5TH AND 26TH MAY-BANK HOILDAYS

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