

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Community support drop in 10.30am—12.30pm Wellness with peer group 11am-12.30pm *limited spaces	Games Group/Drop in 10.30am-1pm Relaxation and Mediation 1pm-1.30pm Made by Meditation 7th Oct (last session) 1.30pm-3pm	Service closed Walk and Coffee 22nd Oct 11am meet at queen Victoria statue or white rock for coffee	Quiz 10.30am-11am Community support drop in 11am-2.00pm HARC Benefits advice drop in 10.30am-12.30pm 9th & 23rd Oct Cake and Chat Involvement group 2pm-3pm ONLINE Community drop-in 2pm-3pm (run by Wellbeing Centre staff)* Ask staff for link/ codes to access	Service Closed
Afternoon	Weaving/craft group 1.30pm-3pm	Knitting for wellbeing client led 1.30pm-3pm In café area on 7th Oct			

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**