

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|--|---|--|--|---|
| Morning | Cooking Group 10am - 12-30pm | Games Group 10-30am - 12pm Music Appreciation 10-30am - 12pm CENTRE CLOSED 13TH JUNE FOR THE WHOLE DAY | Community Support Drop in 10-30am - 12pm Baking Group 7th, 14th, 21st and 28th June 10-30am - 1-30pm Summer Solstice Celebration 21st June 10-30am - 3pm | Gardening Group 8th and 29th June 10-30am - 12pm Hearing Voices Group 1st June 11am - 12:pm New Referral Drop in 15th and 29th June 10-30am - 11-30am Calmful Crafting 10:30am - 12:00pm | Skill Sharing Group 10-30am - 12pm Cooking Group 2nd June 10am - 12-30pm |
| Afternoon | Peer Support Group 1.30pm - 3pm Client Community Meeting 26th June 1-30pm - 2pm | Neurodiversity Support Group 6th and 20th June 1pm - 2-30pm Client Led Art 1pm - 3pm | Creative Art for Wellbeing 1pm - 3pm | CENTRE CLOSED 22ND JUNE UNTIL 1PM FOR STAFF TRAINING Circle of Support 1:00pm - 2.30pm 1st and 15th June | Drama group 1pm - 3pm Beginners Card Group 1pm - 3pm |

se note: 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**