

	Monday	Tuesday	Wednesday	Thursday	Friday
		Creative Minds	Community Support	Community Themed	
		10am-11.30am	Drop in	Group	
Mo			11am-12.30pm	11am-12.30pm	
Morning					
g					
			Walking Group	Quiz	
			2pm-3pm	2pm-3pm	
Aft			*weather permitting		
Afternoon					
bon					

Please note: In addition to the sessions listed in this timetable, we offer one-to-one appointments for advice and support. If you need support or information or you are struggling to cope, please feel free to attend or call our centre during our opening times and a member of staff will be happy to provide assistance when they are available. *Please remember we are closed on Bank Holidays

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