

Monday	Tuesday	Wednesday	Thursday	Friday
Community support drop in 10am-12.30pm Eco Crafts 2nd, 9th, 16th, 23rd & 30th June 10.30am-1pm Photography Group 1pm-2.30pm	<div> The building is open for members of the "Thinking Well" Service only </div> Telephone support available 10am-3pm	Community support drop in/Quiz 10am-12.00pm Craft club 11am-1pm Hearing voices 11am-12pm 25th June *registration required Yoga 1pm-2pm	Community support drop in 10.30am-12.30pm Art group/art basics 5th, 12th, 19th & 26th June 10.30am-12.30pm Peer Group 11am-12pm Singing for wellbeing 2pm-3.15pm Client led Gardening group 1.30pm- 2.30pm *Weather dependant ONLINE Community drop-in 2pm-3pm (run by Wellbeing Centre staff) *Ask staff for link/codes to access	Community support drop in 10.30am-12.30pm Creative poetry group 10.30am-12pm New Referral Drop in 11am-12pm Walking Group 1.15pm-2.45pm *Ask staff for Meeting point in the community

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**

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