

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>Craft Group</b> 10am—11am  <b>Wellness with peer group</b> 11am-12.15pm *registration required, speak to staff	<b>Games Group/Drop in</b> 10.30am-12.30pm  <b>Relaxation/Mediation</b> 12.30pm-1pm  <b>Knitting for wellbeing (client led)</b> 2pm-3pm	<b>Wellbeing Centre Closed</b>	<b>Quiz</b> 10.30am-11am  <b>Community support drop in</b> 11am-12pm  <b>ONLINE Community drop-in</b> 11am-12pm *Ask staff for link/codes to access	<b>Wellbeing Centre Closed</b>
Afternoon	<b>Open Access</b> 12.30pm-2.30pm *For members of the public				

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, we will be closed 24th, 25th & 26th December**



## HARC Benefits advice drop in (Thursdays—4th & 18th Dec)

10.30am-12.30pm

## Cake and chat involvement group

11th Dec

11am-12pm

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