

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	New referral drop in 10.30am-11.30am Themed Peer Group 11am-12.30pm *limited spaces	Games Group/Drop in 11.30am-1pm Seasonal sketchbooks 3rd,10th,17th, 24th & 1st July 10.30am-1pm *run by the college Relaxation and Mediation 1pm-1.30pm Knitting for wellbeing client led 1.30pm-3pm	Service closed Telephone support available 10am-3pm	Quiz 10.30am-11am Community support drop in 11am-2.00pm HARC Benefits advice drop in 10.30am-12.30pm 29th May Every 2 weeks, check dates with team ONLINE Community drop-in 2pm-3pm (run by Wellbeing Centre staff)* Ask staff for link/ codes to access	Scenes and Scenarios with Peer worker 11am-12pm Community Drop in 10.30am-2pm
Afternoon	Weaving/craft group 1.30pm-3pm not on 9th or 16th.				

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**