

WEEKLY TIMETABLE

Open times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Centre open Mondays, Tuesdays, Thursdays and Fridays from 10.30-2.00	Protected art space 10.00-11.30	Protected art space 9.30-10.30	Red Squirrels 1 st Weds of month	Knit & Natter 10.30-12.30	Benefits advice clinic 10.30-12.30	CLOSED	Open at 10.00
Wednesdays open from 3.30-8.00	Drop in 10.30-2.00	Art room drop in 10.45-1.00	Table tennis large group room 4.30-5.30	Drop in 10.30-2.00	Drop in 10.30-2.00	Occasional peer led activities – see notice board for further information	Art Room closed
Sundays open from 10.00-2.00	LGBTQ 2nd Mon of month in Lounge 11.30-1.00	Drop in 10.30-2.00	Drop in 3.30-8.00	Creative Writing 10.45-11.45	Relaxation 10.45-11.30		Roast dinner served at 12.45 , book before 12.00 cost £5.50 for 2 courses
Outside of open times we offer 1:1 support, groups or courses.	Table tennis large group room 11.30-12.30	Scrabble & board games 11.00-1.00	Art room drop-in 4.30-8.00	Art room 11.00-1.00	Art room 11.00-1.00		book during the week for Friends and Family (no children) £8
	Singing group 12.00-1.00		Evening meal served at 6.00pm	Weight management group 12.00-1.00	Lunch club 1.00 with Jill		
	Support & information service 1.00-2.00			Support & information service 1.00-2.00			
	New referrals group 1.30-3.00			Darts drop-in 2.00-3.30 1.30 from CH			
	Beginners art 2.00-3.30						

For more information about our courses please see our Art and Craft and our Wellbeing course information sheets.