

SEPTEMBER

* online

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	11am-1pm: Cooking for Beginners			10am – 12pm: Bring Your Own Craft
7	8	9	10	11
11am – 12.30pm: Chronic Pain Support Group*	6pm-7.30pm: Managing Anxiety (1/3)*	1.30pm-3pm: Understanding Adult ADHD (1/4)*		10am – 11.30am: Walk & Talk
14	15	16	17	18
11am – 12.30pm: Coffee & Chat	10am – 12pm: Art for Wellbeing 6pm-7.30pm: Managing Anxiety (2/3)*	1.30pm-3pm: Understanding Adult ADHD (2/4)* 12pm – 1.30pm: Wellbeing Together*	1pm – 2pm: Volunteering Information Session*	10am – 12pm: Bring Your Own Craft
21	22	23	24	25
	10am – 11.30am: Building Self- Compassion (1/3) 6pm-7.30pm: Managing Anxiety (3/3)*	1.30pm-3pm: Understanding Adult ADHD (3/4)*	10am – 11am: Workshop Development Session: supporting others with mental health needs*	
28	29	30		
11am – 12.30pm: Wellbeing Together	10am – 11.30am: Building Self- Compassion (2/3)	1.30pm-3pm: Understanding Adult ADHD (4/4)*		

OCTOBER

* online

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
				10am – 12pm: Bring Your Own Craft
5	6	7	8	9
11am – 12.30pm: Chronic Pain Support Group*	10am – 11.30am: Building Self- Compassion (3/3) 6pm – 7.30pm: Managing Low Mood (1/2)*		1pm – 3pm: Coping with Stress*	10am – 11.30am: Walk & Talk
12	13	14	15	16
11am – 12.30pm: Coffee & Chat	6pm – 7.30pm: Managing Low Mood (2/2)*		10am – 12pm: Improving Self- Esteem	10am – 12pm: Bring Your Own Craft
19	20	21	22	23
		12pm – 1.30pm: Wellbeing Together*	10am – 12pm: Understanding Emotions (1/3)	10am – 12pm: Art for Wellbeing
26	27	28	29	30
11am – 12.30pm: Wellbeing Together			10am – 12pm: Understanding Emotions (2/3)	

NOVEMBER

* online

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
11am – 12.30pm: Chronic Pain Support Group*	11am – 1pm: Cooking for Beginners	12.30pm – 2.30pm: Social Media & Mental Health (1/2)	10am – 12pm: Understanding Emotions (3/3)	10am – 12pm: Bring Your Own Craft
9	10	11	12	13
11am – 12.30pm: Coffee & Chat		12.30pm – 2.30pm: Social Media & Mental Health (2/2)	1.30pm – 2.30pm: Workshop Development Session – Burnout*	10am – 11.30am: Walk & Talk
16	17	18	19	20
1pm – 3pm: Navigating Social Interactions*	1pm – 3pm: Managing Anxiety (1/3)	12pm – 1.30pm: Wellbeing Together*		10am – 12pm: Bring Your Own Craft (Bradbury)
23	24	25	26	27
11am – 12.30pm: Wellbeing Together	1pm – 3pm: Managing Anxiety (2/3)	12.30pm – 2.30pm: Vision Boards (1/2)		10am – 12pm: Art for Wellbeing
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DECEMBER

* online

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	1pm – 3pm: Managing Anxiety (3/3)	12.30pm – 2.30pm: Vision Boards (2/2)	6pm – 7.30pm: Getting a Good Night's Sleep*	10am – 12pm: Bring Your Own Craft
7	8	9	10	11
11am – 12.30pm: Chronic Pain Support Group*			10am – 12pm: Coping with Change	10am – 12pm: Art for Wellbeing
14	15	16	17	18
11am – 12.30pm: Coffee & Chat		12pm – 1.30pm: Wellbeing Together*		10am – 12pm: Bring Your Own Craft
21	22	23	24	25
28	29	30	31	