

# September 2023

## Hart and Rushmoor Well-being Centre, Farnborough - September 2023 Timetable 1 Clockhouse Road, Farnborough Hants, GU14 7QY

At the Hart and Rushmoor Well-being Centre, we provide recovery focused support for those who are struggling to maintain their mental health as well as their carers. You can be referred by your GP, other mental health organisation or you can self refer. You must live in the Hart and Rushmoor area to attend the service.

If you would like more information or to register, please call us on 01252 317481 or email well-beinghartandrushmoor@andovermind.org.uk

Monday	Tuesday	Wednesday	Thursday	Friday
				01/09/2023
				10.30am -12pm Allotment 11am-12.30pm Well-Being Recovery and Support Group
04/09/2023	05/09/2023	06/09/2023	07/09/2023	08/09/2023
2.15pm - 3.45pm Wellbeing and Recovery Emotional Support Group	1pm - 2pm Social Chat (at the Good Taste Cafe Farnborough)  1.30pm - 2.30pm Meditation Session (face to face and online see attached for the virtual link)	9.45am - 10.45am Social Chat (Karuna Coffee House Aldershot)  1.15pm - 2pm Yoga Beginners 2.15pm -3.15pm Yoga Advanced	10.30am - 12pm Mindful Colouring/Craft  2pm - 3.30pm Wellbeing Recovery Support Group (at the Fleet Civic office)	10.30am -12pm Allotment 11am-12.30pm Wellbeing Recovery and Support Group  1:30 - 2:30pm Creative Writing (face to face and online see attached for the virtual link)
11/09/23	12/09/2023	13/09/23	14/09/2023	15/09/23
2.15pm - 3.45pm Wellbeing and Recovery Emotional Support Group	1pm - 2pm Social Chat (at the Good Taste Cafe Farnborough)  1.30pm - 2.30pm Meditation Session (face to face and online see attached for the virtual link)	9.45am - 10.45am Social Chat (Karuna Coffee House Aldershot)  1.15pm - 2pm Yoga Beginners 2.15pm -3.15pm Yoga Advanced	10.30am - 12pm Mindful Colouring/Craft  2pm - 3.30pm Wellbeing Recovery Support Group (at the Fleet Civic Office)  2.30pm - 3.30pm Tai Chi (face to face and online see attached for the virtual link)	10.30am - 12pm Allotment 11am-12.30pm Wellbeing Recovery and Support Group  1.30pm - 2.30pm Peer Drop-in
18/09/2023	19/09/2023	20/09/2023	21/09/2023	22/09/2023
2.15pm - 3.45pm Wellbeing and Recovery Emotional Support Group	1pm - 2pm Social Chat (at the Good Taste Cafe Farnborough)  1.30pm - 2.30pm Meditation Session (face to face and online see attached for the virtual link)	9.45am - 10.45am Social Chat (Karuna Coffee House Aldershot)  11am -1pm Richmond Fellowship (Support for employment) <b>Please book</b>  1.15pm - 2pm Yoga Beginners 2.15pm -3.15pm Yoga Advanced	10.30am - 12pm Mindful Colouring/Craft  <b>CANCELLED</b> <b>2pm - 3.30pm Well-Being Recovery Support Group</b> <b>(at the Fleet Civic office)</b>	10.30am - 12pm Allotment 11am-12.30pm Well-Being Recovery and Support Group
25/09/23	26/09/23	27/09/23	28/09/23	29/09/23
2.15pm - 3.45pm Wellbeing and Recovery Emotional Support Group	1pm - 2pm Social Chat (at the Good Taste Cafe Farnborough)  1.30pm - 2.30pm Meditation Session (face to face and online see attached for the virtual link)  3pm - 4pm 25 Club  6pm - 8pm Carers Group	9.45am - 10.45am Social Chat (Karuna Coffee House Aldershot)  10am-11am Pets as Therapy - with Max the dog <b>(must be booked)</b>  1.15pm - 2pm Yoga Beginners 2.15pm -3.15pm Yoga Advanced	10.30am - 12pm Mindful Colouring/Craft  1.15pm - 2.15 pm Hybrid Quiz ((face to face and online see attached for the virtual link)  2pm - 3.30pm Wellbeing Recovery Support Group (at the Fleet Civic office)  2.15pm - 3.15pm Board Game Therapy group  2.30pm - 3.30pm Tai Chi (face to face and online see attached for the virtual link)	10.30am -12.pm Allotment 11am-12.30pm Wellbeing Recovery and Support Group  1.30pm - 2.30pm Decider skills (Opposite Actions) <b>Please book your place</b> (face to face and online see attached for the virtual link)