

## 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](mailto:well-beinghartandrushmoor@andovermind.org.uk)

Monday	Tuesday	Wednesday	Thursday	Friday
				01/09/2023
	05/09/2023	06/09/2023	07/09/2023	08/09/2023
	1.30pm - 2.30pm Meditation Session (face to face and online see attached for the virtual link) <a href="https://us02web.zoom.us/j/88067601552">https://us02web.zoom.us/j/88067601552</a>			1:30 - 2:30pm Creative Writing (face to face and online see attached for the virtual link) <a href="https://us02web.zoom.us/j/88067601552">https://us02web.zoom.us/j/88067601552</a>
	12/09/2023	13/09/23	14/09/2023	15/09/23
	1.30pm - 2.30pm Meditation Session (face to face and online see attached for the virtual link) <a href="https://us02web.zoom.us/j/88067601552">https://us02web.zoom.us/j/88067601552</a>		2.30pm - 3.30pm Tai Chi (face to face and online see attached for the virtual link) <a href="https://us02web.zoom.us/j/85788435787">https://us02web.zoom.us/j/85788435787</a>	1.30pm - 2.30pm Peer Drop-in
	19/09/2023	20/09/2023	21/09/2023	22/09/2023
	1.30pm - 2.30pm Meditation Session (face to face and online see attached for the virtual link) <a href="https://us02web.zoom.us/j/88067601552">https://us02web.zoom.us/j/88067601552</a>			
	26/09/23	27/09/23	28/09/23	29/09/23
	1.30pm - 2.30pm Meditation Session (face to face and online see attached for the virtual link) <a href="https://us02web.zoom.us/j/88067601552">https://us02web.zoom.us/j/88067601552</a>		1:15pm - 2:15 pm Hybrid Quiz ((face to face and online see attached for the virtual link) <a href="https://us02web.zoom.us/j/89558717644?pwd=Qk9TUj91WlIRY2hOUFc0UXFIZEJTUT09">https://us02web.zoom.us/j/89558717644?pwd=Qk9TUj91WlIRY2hOUFc0UXFIZEJTUT09</a>  2.30pm - 3.30pm Tai Chi (face to face and online see attached for the virtual link) <a href="https://us02web.zoom.us/j/85788435787">https://us02web.zoom.us/j/85788435787</a>	13:30 - 14:30 Decider skills () <b>Please book your place</b> (face to face and online see attached for the virtual link) <a href="https://us02web.zoom.us/j/87329515441">https://us02web.zoom.us/j/87329515441</a>