

# Hart and Rushmoor wellbeing timetable: April 2024

We provide recovery focused support for anyone struggling to maintain their mental health. You do not need a professional referral to access our service, but you must live in the Hart and Rushmoor area and be registered with us in order to attend our groups. For more information or to register, please call us on 01252 317 481 or email [wellbeinghartandrushmoor@andovermind.org.uk](mailto:wellbeinghartandrushmoor@andovermind.org.uk)



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>2 April</b>	<b>3 April</b>	<b>4 April</b>	<b>5 April</b>
<b>Bank Holiday</b> Wellbeing centre closed	1-2pm Social chat (at the Good Taste Cafe Farnborough) 1.30-2.30pm Meditation session (face to face and online)	9.45-10.45am Social chat (at the Karuna Coffee House Aldershot) 10.30am - 12:30pm Book Folding workshop (please book) 1.15-2pm Yoga (session 1) 2.15-3.15pm Yoga (session 2)	10.30am-12 noon Mindful colouring/craft 2-3.30pm Wellbeing recovery support group (at the Fleet Civic office)	10.30am-12 noon Allotment group 11am-12.30pm Wellbeing recovery and support group
<b>8 April</b>	<b>9 April</b>	<b>10 April</b>	<b>11 April</b>	<b>12 April</b>
New group! 11am-12pm Confidence through drama (please book) 2.15-3.45pm Wellbeing and recovery emotional support group	1-2pm Social chat (at the Good Taste Cafe Farnborough) 1.30-2.30pm Meditation session (face to face and online)	9.45-10.45am Social chat (at the Karuna Coffee House Aldershot) 10-11am Pets as therapy (please book) 1.15-2pm Yoga (session 1) 2.15-3.15pm Yoga (session 2)	10.30am -12 noon Mindful colouring/craft 2 - 3.30pm Wellbeing recovery support group (at the Fleet Civic Office) 2.30 - 3.30pm Tai Chi (face to face and online)	10.30am-12 noon Allotment group 11am - 12.30pm Wellbeing recovery and support group 1.30-2.30pm Creative writing (face to face and online)
<b>15 April</b>	<b>16 April</b>	<b>17 April</b>	<b>18 April</b>	<b>19 April</b>
2.15-3.45pm Wellbeing and recovery emotional support group	1-2pm Social chat (at the Good Taste Cafe Farnborough) 1.30-2.30pm Meditation session (face to face and online)	9.45-10.45am Social chat (at the Karuna Coffee House Aldershot) 11am-12 noon Sleep workshop (please book) 1.15-2pm Yoga (session 1) 2.15-3.15pm Yoga (session 2)	10.30am - 12 noon Mindful colouring/craft 2-3.30pm Wellbeing recovery support group (at the Fleet Civic office)	10.30am-12 noon Allotment group 11am-12.30pm Wellbeing recovery and support group 1.30 - 2.30pm Peer drop-in
<b>22 April</b>	<b>23 April</b>	<b>24 April</b>	<b>25 April</b>	<b>26 April</b>
New group! 11am-12pm Confidence through drama (please book) 2.15-3.45pm Wellbeing and recovery emotional support group	11.30-12.30pm Board game therapy 1-2pm Social chat (at the Good Taste Cafe Farnborough) 1.30-2.30pm Meditation session (face to face and online)	9.45-10.45am Social chat (at the Karuna Coffee House Aldershot) 1.15-2pm Yoga (session 1) 2.15-3.15pm Yoga (session 2) 3-4pm Under 25's chat	10.30am-12 noon Mindful colouring/craft 2-3.30pm Wellbeing recovery support group (at the Fleet Civic office) 1.15-2.15pm Quiz (face to face and online) 2.30-3.30pm Tai Chi (face to face and online)	10.30am-12 noon Allotment group 11am-12.30pm Wellbeing recovery and support group 2pm - 3pm Decider Skills THE FIZZ & STOPP (please book)
<b>29 April</b>	<b>30 April</b>			
2.15-3.45pm 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) 6pm - 8pm Carers Group			

**Where to find us**  
1 Clockhouse Road, Farnborough, GU14 7QY

**What3words**  
///plotter.contour.rise

**Speak to us**  
01252 317481

**Email us**  
[wellbeinghartandrushmoor@andovermind.org.uk](mailto:wellbeinghartandrushmoor@andovermind.org.uk)

**andovermind.org.uk**  
Andover Mind is a registered charity no. 1039094 registered company no. 2935549