

Hart and Rushmoor Wellbeing Centre, Farnborough - March 2024 Timetable

1 Clockhouse Road, Farnborough Hants, GU14 7QY

At the Hart and Rushmoor Wellbeing 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
01/04/24	02/04/24	03/04/24	04/04/24	05/04/24
	1.30pm - 2.30pm Meditation Session (face to face and online see attached for the virtual link) https://us02web.zoom.us/j/81450945494?pwd=TVpYYTBPNmJpZ01oUnZyTDh2d0szUT09			
08/04/24	09/04/24	10/04/24	11/04/24	12/04/24
	1.30pm - 2.30pm Meditation Session (face to face and online see attached for the virtual link) https://us02web.zoom.us/j/81450945494?pwd=TVpYYTBPNmJpZ01oUnZyTDh2d0szUT09		2.30pm - 3.30pm Tai Chi (face to face and online see attached for the virtual link) https://us02web.zoom.us/j/85788435787	
15/04/24	16/04/2024	17/04/24	18/04/2024	19/04/24
	1.30pm - 2.30pm Meditation Session (face to face and online see attached for the virtual link) https://us02web.zoom.us/j/81450945494?pwd=TVpYYTBPNmJpZ01oUnZyTDh2d0szUT09		1.15pm - 2.15 pm Hybrid Quiz ((face to face and online see attached for the virtual link) https://us02web.zoom.us/j/89558717644?pwd=Qk9TUig1WlIRY2hOUe0UXFIZEJTUT09	1:30 - 2:30pm Creative Writing (face to face and online see attached for the virtual link) https://us02web.zoom.us/j/83453717813
22/04/24	23/04/24	24/04/24	25/04/24	26/04/24
	1.30pm - 2.30pm Meditation Session (face to face and online see attached for the virtual link) https://us02web.zoom.us/j/81450945494?pwd=TVpYYTBPNmJpZ01oUnZyTDh2d0szUT09		2.30pm - 3.30pm Tai Chi (face to face and online see attached for the virtual link) https://us02web.zoom.us/j/85788435787	
29/04/24	30/04/24			
	1.30pm - 2.30pm Meditation Session (face to face and online see attached for the virtual link) https://us02web.zoom.us/j/81450945494?pwd=TVpYYTBPNmJpZ01oUnZyTDh2d0szUT09			