

# Hart and Rushmoor wellbeing timetable: May 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

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

		1 May	2 May	3 May
		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)	10.30am-12noon Mindful colouring/craft  2pm-3.30pm Wellbeing recovery support group (at the Fleet Civic office) - CANCELLED	10.30am-12noon Allotment  11am-12.30pm Wellbeing recovery and support group
6 May	7 May	8 May	9 May	10 May
Bank Holiday  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)  10-11am Pets as therapy (must be booked)  1.15-2pm yoga (session 1)  2.15-3.15pm yoga (session 2)	10.30am - 12pm Mindful colouring/craft  2pm - 3.30pm Wellbeing recovery support group (at the Fleet Civic Office)  2.30 - 3.30pm Tai Chi (face to face and online)	10.30am-12noon Allotment  11am - 12.30pm Wellbeing recovery and support group  New Workshop! 12:30 - 1:30pm Coping with Change  1:30 - 2:30pm Creative Writing (face to face and online)
13 May	14 May	15 May	16 May	17 May
<b>Mental health awareness week</b>  <b>1pm - 2pm Drop-In for Tea and a chat</b>  <b>New group!</b> 11am-12noon Confidence through drama (must be booked)  2.15-3.45pm Wellbeing and recovery emotional support group	Mental health awareness week  1-2pm Social chat (at the Good Taste Cafe Farnborough)  1.30-2.30pm Meditation session (face to face and online)	Mental health awareness week  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)	Mental health awareness week  10.30am - 12noon Mindful colouring/craft  1.15-2.15pm Hybrid quiz (face to face and online)  2pm-3.30pm Wellbeing recovery support group (at the Fleet Civic office) - CANCELLED	Mental health awareness week  10.30am-12noon Allotment  11am-12.30pm Wellbeing recovery and support group  1.30 - 2.30pm Peer drop-in

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## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

20 May	21 May	22 May	23 May	24 May
2.15-3.45pm Wellbeing and recovery emotional support group	11.30am - 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)  6-8pm Carers group	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)	10.30am-12pm Mindful colouring/craft  1.15pm - 2.15 pm Hybrid Quiz (face to face and online)  2pm-3.30pm Wellbeing recovery support group (at the Fleet Civic office)  2.30-3.30pm Tai Chi (face to face and online)	10.30am-12noon Allotment  11am - 12.30pm Wellbeing recovery and support group
27 May	28 May	29 May	30 May	31 May
Bank Holiday  Wellbeing Centre Closed	1pm - 2pm Social Chat (at the Good Taste Cafe Farnborough)  1.30pm - 2.30pm Meditation Session (face to face and online) CANCELLED  11:30 - 12:30pm Board Game Therapy group CANCELLED	9.45-10.45am Social Chat (at the Karuna Coffee House Aldershot)  1.15pm - 2pm Yoga (Session 1) CANCELLED  2.15pm -3.15pm Yoga (Session 2) CANCELLED  Under 25's Chat 3pm - 4pm CANCELLED	10.30am - 12pm Mindful Colouring/Craft CANCELLED  2pm - 3.30pm Wellbeing Recovery Support Group (at the Fleet Civic office) CANCELLED  2.30pm - 3.30pm Tai Chi (face to face and virtual) CANCELLED	10.30am -12pm Allotment  11am-12.30pm Wellbeing Recovery and Support Group CANCELLED  2pm - 3pm Decider Skills CANCELLED