

December 2022

Hart and Rushmoor Well-being Centre, Farnborough - November 2022 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
28/11/2022	29/11/2022	30/11/2022	01/12/2022	02/12/2022
			Community Creating Change 1pm - 3pm Digital Skills 1.30 - 2.30 Well-Being Recovery Support Group 2pm - 3.30pm (at the Fleet Civic Centre) Tai Chi 2.30pm - 3.30pm	10am-11.30am Allotment CANCELLED Well-Being Recovery and Support Group 11am-12.30pm
05/12/2022	06/12/2022	07/12/2022	08/12/2022	09/12/2022
2.15pm - 3.45pm Wellbeing and Recovery Emotional Support Group CANCELLED	10.30am - 12pm Mindful Colouring 1pm - 2pm Social Chat (Good Taste Cafe) Farnborough Meditation Session 1.30pm - 2.30pm 25 Club 3pm - 4pm	10am - 11am Social Chat Karuna coffee house Aldershot CANCELLED Yoga Beginners 1.15pm-2pm Yoga 2.15pm -3.15pm Andover Mind AGM 2pm - 3.30pm	Community Creating Change 1pm - 3pm Well-Being Recovery Support Group 2pm - 3.30pm (at the Fleet Civic Centre)	10am-11.30am Allotment CANCELLED Well-Being Recovery and Support Group 11am-12.30pm Womens group 1.30pm -2.30pm
12/12/2022	13/12/2022	14/12/2022	15/12/2022	16/12/2022
2.15pm - 3.45pm Wellbeing and Recovery Emotional Support Group	10.30am - 12pm Mindful Colouring CANCELLED 1pm - 2pm Social Chat (Good Taste Cafe) Farnborough CANCELLED Meditation Session 1.30pm - 2.30pm	10am - 11am Social Chat Karuna coffee house Aldershot Yoga Beginners 1.15pm-2pm Yoga 2.15pm -3.15pm	Community Creating Change 1pm - 3pm Well-Being Recovery Support Group 2pm - 3.30pm (at the Fleet Civic Centre) Tai Chi 2.30pm - 3.30pm	10am-11.30am Allotment CANCELLED Well-Being Recovery and Support Group 11am-12.30pm
19/12/2022	20/12/2022	21/12/2022	22/12/2022	23/12/2022
2.15pm - 3.45pm Wellbeing and Recovery Emotional Support Group	10.30am - 12pm Mindful Colouring 1pm - 2pm Social Chat (Good Taste Cafe) Farnborough Meditation Session 1.30pm - 2.30pm 25 Club 3pm - 4pm Carers Group 6pm - 8pm	10am - 11am Social Chat Karuna coffee house Aldershot Yoga Beginners 1.15pm-2pm Yoga 2.15pm -3.15pm	Xmas Craft 10am - 11.30am CANCELLED Well-Being Recovery Support Group 2pm - 3.30pm (at the Fleet Civic Centre) 2pm -4pm Xmas Quiz, Games and Party	10am-11.30am Allotment CANCELLED Well-Being Recovery and Support Group 11am-12.30pm Womens group 1.30pm -2.30pm
26/12/2022	27/12/2022	28/12/2022	29/12/2022	30/12/2022
BANK HOLIDAY	BANK HOLIDAY	2pm - 3.30pm Support and Chat Drop - in	11.am - 12.30pm Support and Chat Drop - in	10am - 12pm Support and Chat Drop - in