

APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22nd	23rd	24th	25th	26th
<p>10:30am - 11.30am OR 12:00 - 1:00pm Introduction to Foundations of Recovery</p>	<p>10:30am - 12:30 pm Creating Vision Boards to Achieve Our Goals (1 of 3)</p>	<p>10:30am - 12:30 pm Reducing Stress and Anxiety Around Money (1 of 2)</p>	<p>10:30am - 12:30 pm Understanding and Managing Self Harm</p>	<p>10:30am - 1.00pm Foundations of Recovery (1 of 7)</p>
<p>2pm- 4pm Understanding and Managing Stress and Anxiety (1 of 2)</p> <hr/> <p>2pm-3pm Movement for Wellbeing (1 of 10) (South Hill Park)</p>	<p>2 pm- 4 pm Mindful Card Making and Paper Crafting (1 of 5)</p> <hr/>	<p>1:30pm-3:00pm Beginners Singing for Fun & Wellbeing (1 of 10)</p> <hr/> <p>2pm-3pm & 3pm-4pm Beginners Guitar Lessons (1 of 10)</p> <p>3:30pm-4:30pm Taster Singing for Fun & Wellbeing</p>	<p>1:30pm-3:00pm Creative with Art: Traditional drawing, painting & printing techniques (1 of 5)</p> <hr/> <p>3:30pm-4:30pm Photography, Collage and Story Telling (1 of 5)</p>	<p>2pm-4pm Understanding and managing Neurodiversity (1 of 2)</p> <hr/> <p>2pm-3pm & 3pm-4pm Beginners Guitar Lessons (1 of 10)</p>

APRIL /MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29th	30th	1st	2nd	3rd
<p>10:30am - 1.00pm Foundations of Recovery (2 of 7)</p>	<p>10:30am - 12:30 pm Creating Vision Boards to Achieve Our Goals (2 of 3)</p>	<p>10:30am - 12:30 pm Reducing Stress and Anxiety Around Money (2 of 2)</p>	<p>10:30am - 12:30 pm Creating Vision Boards to Achieve Our Goals (3 of 3)</p>	<p>10:30am - 1.00pm Foundations of Recovery (3 of 7)</p>
<p>2pm- 4pm Understanding and Managing Stress and Anxiety (2 of 2)</p> <hr/> <p>2pm-3pm Movement for Wellbeing (2 of 10) (South Hill Park)</p>	<p>2 pm- 4pm Mindful Card Making and Paper Crafting (2 of 5)</p> <hr/>	<p>1:30pm-3:00pm Beginners Singing for Fun & Wellbeing (2 of 10)</p> <hr/> <p>2pm-3pm & 3pm-4pm Beginners Guitar Lessons (2 of 10)</p> <hr/> <p>3:30pm-4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 12:30 pm Wellbeing Recovery Action Plan (1 of 5)</p> <hr/> <p>1:30pm-3:00pm Creative with Art: Traditional drawing, painting & printing techniques (2 of 5)</p> <hr/> <p>3:30pm-4:30pm Photography, Collage and Story Telling (2 of 5)</p>	<p>2pm-4pm Understanding and Managing Neurodiversity (2 of 2)</p> <hr/> <p>2pm-3pm & 3pm-4pm Beginners Guitar Lessons (2 of 10)</p>

MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6th	7th	8th	9th	10th
	10:30am - 1.00pm Foundations of Recovery (4 of 7)	10:30am - 12.30pm Building Confidence and Managing Relationships (1 of 3)	10:30am - 12:30 pm Wellbeing Recovery Action Plan (2 of 5)	10:30am - 1.00pm Foundations of Recovery (5 of 7)
BANK HOLIDAY	2pm- 4pm Mindful Card Making and Paper Crafting (3 of 5)	1:30pm-3:00pm Beginners Singing for Fun & Wellbeing (3 of 10) <hr/> 2pm-3pm & 3pm-4pm Beginners Guitar Lessons (3 of 10) 3:30pm-4:30pm Taster Singing for Fun & Wellbeing	1:30pm-3:00pm Creative with Art: Traditional drawing, painting & printing techniques (3 of 5) <hr/> 3:30pm-4:30pm Photography, Collage and Story Telling (3 of 5)	2pm-4pm Understanding and Managing ADHD (1 of 2) <hr/> 2pm-3pm & 3pm-4pm Beginners Guitar Lessons (3 of 10)

MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13th	14th	15th	16th	17th
<p>10:30am - 1.00pm Foundations of Recovery (6 of 7)</p>	<p>10:30am - 12:30pm Understanding and Managing Autism</p>	<p>10:30am - 12.30pm Building Confidence and Managing Relationships (2 of 3)</p>	<p>10:30am - 12:30 pm Wellbeing Recovery Action Plan (3 of 5)</p>	<p>10:30am - 1.00pm Foundations of Recovery (7 of 7)</p>
<p>2pm-4pm Understanding and Managing ADHD (2 of 2)</p> <hr/> <p>2pm-3pm Movement for Wellbeing (3 of 10) (South Hill Park)</p>	<p>2 pm- 4pm Mindful Card Making and Paper Crafting (4 of 5)</p>	<p>1:30pm-3:00pm Beginners Singing for Fun & Wellbeing (4 of 10)</p> <hr/> <p>2pm-3pm & 3pm-4pm Beginners Guitar Lessons (4 of 10)</p> <hr/> <p>3:30pm-4:30pm Taster Singing for Fun & Wellbeing</p> <hr/> <p>2pm - 6pm Make a Ring in a day (South Hill Park)</p>	<p>1:30pm-3:00pm Creative with Art: Traditional drawing, painting & printing techniques (4 of 5)</p> <hr/> <p>3:30pm-4:30pm Photography, Collage and Story Telling (4 of 5)</p>	<p>2pm-4pm Understanding and Managing Depression and Low Mood (1 of 2)</p> <hr/> <p>2pm-3pm & 3pm-4pm Beginners Guitar Lessons (4 of 10)</p>

MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20th	21st	22nd	23rd	24th
<p>10:30am- 12:30pm</p> <p>Understanding and Managing Panic Attacks</p>	<p>10:30am - 12:30pm</p> <p>Mental Health and Self Doubt</p>	<p>10:30am - 12.30pm</p> <p>Building Confidence and Managing Relationships</p> <p>(3 of 3)</p>	<p>10:30am - 12:30 pm</p> <p>Wellbeing Recovery Action Plan</p> <p>(4 of 5)</p>	<p>10:30am- 12:30pm</p> <p>Better Ways to Manage Conflict</p>
<p>2pm-4pm</p> <p>Understanding and Managing Anger</p>	<p>2 pm- 4pm</p> <p>Mindful Card Making and Paper Crafting</p> <p>(5 of 5)</p>	<p>1:30pm-3:00pm</p> <p>Beginners Singing for Fun & Wellbeing</p> <p>(5 of 10)</p>	<p>1:30pm-3:00pm</p> <p>Creative with Art: Traditional drawing, painting & printing techniques</p> <p>(5 of 5)</p>	<p>2pm-4pm</p> <p>Understanding and Managing Depression and Low Mood</p> <p>(2 of 2)</p>
<p>2pm-3pm</p> <p>Movement for Wellbeing</p> <p>(4 of 10)</p> <p>(South Hill Park)</p>		<p>2pm-3pm & 3pm-4pm</p> <p>Beginners Guitar Lessons</p> <p>(5 of 10)</p>		<p>2pm-3pm & 3pm-4pm</p> <p>Beginners Guitar Lessons</p> <p>(5 of 10)</p>
		<p>3:30pm-4:30pm</p> <p>Taster Singing for Fun & Wellbeing</p>	<p>3:30pm-4:30pm</p> <p>Photography, Collage and Story Telling</p> <p>(5 of 5)</p>	
27th	28th	29th	30th	31st
Half Term	Half Term	Half Term	Half Term	Half Term

JUNE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3rd	4th	5th	6th	7th
10:30am - 11.30am OR 12:00 - 1:00pm Introduction to Foundations of Recovery	10:30am - 12:45pm Food and Mood (1 of 4)	10:30am - 12:30 pm Reducing Stress and Anxiety Around Money (1 of 2)	10:30am - 12:30 pm Wellbeing Recovery Action Plan (5 of 5)	10:30am - 1.00pm Foundations of Recovery (1 of 7)
2pm-4pm Understanding and Managing Adverse Childhood Experiences	2 pm- 4pm Mindful Card Making and Paper Crafting (1 of 5)	1:30pm-3:00pm Beginners Singing for Fun & Wellbeing (6 of 10)	1:30pm-3:00pm Creative with Art: Traditional drawing, painting & printing techniques (1 of 5)	2pm-4pm Ways to Live Better with Trauma (1 of 2)
		2pm-3pm & 3pm-4pm Beginners Guitar Lessons (6 of 10)		2pm-3pm & 3pm-4pm Beginners Guitar Lessons (6 of 10)
		3:30pm-4:30pm Taster Singing for Fun & Wellbeing	3:30pm-4:30pm Photography, Collage and Story Telling (1 of 5)	

JUNE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10th	11th	12th	13th	14th
<p>10:30am - 1.00pm</p> <p>Foundations of Recovery</p> <p>(2 of 7)</p>	<p>10:30am - 12:45pm</p> <p>Food and Mood</p> <p>(2 of 4)</p>	<p>10:30am - 12:30 pm</p> <p>Reducing Stress and Anxiety Around Money</p> <p>(2 of 2)</p>	<p>10:30am - 12:30 pm</p> <p>The THRIVE Programme</p> <p>(1 of 6)</p>	<p>10:30am - 1.00pm</p> <p>Foundations of Recovery</p> <p>(3 of 7)</p>
<p>2pm-4pm</p> <p>Understanding and Managing PTSD</p>	<p>2 pm- 4pm</p> <p>Mindful Card Making and Paper Crafting</p> <p>(2 of 5)</p>	<p>1:30pm-3:00pm</p> <p>Beginners Singing for Fun & Wellbeing</p> <p>(7 of 10)</p>	<p>1:30pm-3:00pm</p> <p>Creative with Art: Traditional drawing, painting & printing techniques</p> <p>(2 of 5)</p>	<p>2pm-4pm</p> <p>Ways to Live Better with Trauma</p> <p>(2 of 2)</p>
<p>2pm-3pm</p> <p>Movement for Wellbeing</p> <p>(5 of 10)</p> <p>(South Hill Park)</p>		<p>2pm-3pm & 3pm-4pm</p> <p>Beginners Guitar Lessons</p> <p>(7 of 10)</p>		<p>2pm-3pm & 3pm-4pm</p> <p>Beginners Guitar Lessons</p> <p>(7 of 10)</p>
		<p>3:30pm-4:30pm</p> <p>Taster Singing for Fun & Wellbeing</p>	<p>3:30pm-4:30pm</p> <p>Photography, Collage and Story Telling</p> <p>(2 of 5)</p>	
		<p>2pm - 6pm</p> <p>Make a Bangle in a day</p> <p>(South Hill Park)</p>		

JUNE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17th	18th	19th	20th	21st
<p>10:30am - 1.00pm Foundations of Recovery (4 of 7)</p>	<p>10:30am - 12:45pm Food and Mood (3 of 4)</p>	<p>10:30am - 12:30 pm Journaling for Mindfulness (1 of 2)</p>	<p>10:30am - 12:30 pm The THRIVE Programme (2 of 6)</p>	<p>10:30am - 1.00pm Foundations of Recovery (5 of 7)</p>
<p>2pm-4pm Understanding and Managing Emotional Boundaries (1 of 2)</p> <hr/> <p>2pm-3pm Movement for Wellbeing (6 of 10) (South Hill Park)</p>	<p>2 pm- 4pm Mindful Card Making and Paper Crafting (3 of 5)</p>	<p>1:30pm-3:00pm Beginners Singing for Fun & Wellbeing (8 of 10)</p> <hr/> <p>2pm-3pm & 3pm-4pm Beginners Guitar Lessons (8 of 10)</p> <hr/> <p>3:30pm-4:30pm Taster Singing for Fun & Wellbeing</p>	<p>1:30pm-3:00pm Creative with Art: Traditional drawing, painting & printing techniques (3 of 5)</p> <hr/> <p>3:30pm-4:30pm Photography, Collage and Story Telling (3 of 5)</p>	<p>2pm-4pm Understanding and Managing Bereavement (1 of 2)</p> <hr/> <p>2pm-3pm & 3pm-4pm Beginners Guitar Lessons (8 of 10)</p>

JUNE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24th	25th	26th	27th	28th
<p>10:30am - 1.00pm Foundations of Recovery (6 of 7)</p>	<p>10:30am - 12:45pm Food and Mood (4 of 4)</p>	<p>10:30am - 12:30 pm Journaling for Mindfulness (2 of 2)</p>	<p>10:30am - 12:30 pm The THRIVE Programme (3 of 6)</p>	<p>10:30am - 1.00pm Foundations of Recovery (7 of 7)</p>
<p>2pm-4pm Understanding and Managing Emotional Boundaries (2 of 2)</p> <hr/> <p>2pm-3pm Movement for Wellbeing (7 of 10) (South Hill Park)</p>	<p>2 pm- 4pm Mindful Card Making and Paper Crafting (4 of 5)</p>	<p>1:30pm-3:00pm Beginners Singing for Fun & Wellbeing (9 of 10)</p> <hr/> <p>2pm-3pm & 3pm-4pm Beginners Guitar Lessons (9 of 10)</p> <hr/> <p>3:30pm-4:30pm Taster Singing for Fun & Wellbeing</p>	<p>1:30pm-3:00pm Creative with Art: Traditional drawing, painting & printing techniques (4 of 5)</p> <hr/> <p>3:30pm-4:30pm Photography, Collage and Story Telling (4 of 5)</p>	<p>2pm-4pm Understanding and Managing Bereavement (2 of 2)</p> <hr/> <p>2pm-3pm & 3pm-4pm Beginners Guitar Lessons (9 of 10)</p>

JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1st	2nd	3rd	4th	5th
<p>10:30am - 12:30 pm</p> <p>Getting a Good Night's Sleep</p>	<p>10:30am - 12:30pm</p> <p>Understanding and Managing Social Anxiety</p>	<p>10:30am - 12:30 pm</p> <p>The Science of Happiness (1 of 2)</p>	<p>10:30am - 12:30 pm</p> <p>The THRIVE Programme (4 of 6)</p>	<p>10:30am - 12:30 pm</p> <p>Using our Values to Guide Us</p>
<p>2pm-4pm</p> <p>Mental Wellbeing for Family & Supporters (1 of 2)</p> <hr/> <p>2pm-3pm</p> <p>Movement for Wellbeing (8 of 10) (South Hill Park)</p>	<p>2 pm- 4pm</p> <p>Mindful Card Making and Paper Crafting (5 of 5)</p> <hr/>	<p>1:30pm-3:00pm</p> <p>Beginners Singing for Fun & Wellbeing (10 of 10)</p> <hr/> <p>2pm-3pm & 3pm-4pm</p> <p>Beginners Guitar Lessons (10 of 10)</p> <hr/> <p>3:30pm-4:30pm</p> <p>Taster Singing for Fun & Wellbeing</p>	<p>1:30pm-3:00pm</p> <p>Creative with Art: Traditional drawing, painting & printing techniques (5 of 5)</p> <hr/> <p>3:30pm-4:30pm</p> <p>Photography, Collage and Story Telling (5 of 5)</p>	<p>2pm-4pm</p> <p>Mental Wellbeing for Family & Supporters (2 of 2)</p> <hr/> <p>2pm-3pm & 3pm-4pm</p> <p>Beginners Guitar Lessons (10 of 10)</p>

JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8th	9th	10th	11th	12th
<p>10:30am - 12.30pm</p> <p>Jigsaw of Self Discovery</p> <p>(1 of 2)</p>	<p>10:30am - 12:30 pm</p> <p>Building Resilience</p>	<p>10:30am - 12:30 pm</p> <p>The Science of Happiness</p> <p>(2 of 2)</p>	<p>10:30am - 12:30 pm</p> <p>The THRIVE Programme</p> <p>(5 of 6)</p>	<p>10:30am - 12.30pm</p> <p>Jigsaw of Self Discovery</p> <p>(2 of 2)</p>
<p>2pm-4pm</p> <p>Creating Vision Boards to Achieve our Goals</p> <p>(1 of 3)</p> <hr/> <p>2pm-3pm</p> <p>Movement for Wellbeing</p> <p>(9 of 10)</p> <p>(South Hill Park)</p>		<p>2pm-4pm</p> <p>Creating Vision Boards to Achieve our Goals</p> <p>(2 of 3)</p>		<p>2pm-4pm</p> <p>Creating Vision Boards to Achieve our Goals</p> <p>(3 of 3)</p>

JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15th	16th	17th	18th	19h
<p>10:30am - 12:30pm</p> <p>Harnessing your ADHD</p>		<p>10:30am - 12:30pm</p> <p>Exploring Forgiveness</p>	<p>10:30am - 12:30 pm</p> <p>The THRIVE Programme</p> <p>(6 of 6)</p>	<p>10:30am - 12:30pm</p> <p>Exploring Positive Body Image</p>
<p>2pm-3pm</p> <p>Movement for Wellbeing</p> <p>(10 of 10)</p> <p>(South Hill Park)</p>				