

31st Dec 2018 -4th Jan 2019										
Mon 31st		Tues 1st			Wed 2nd		Thurs 3rd		Fri 4th	
Weston	Clevedon	Weston		Clevedon	Weston	Clevedon	Weston	Clevedon	Weston	Clevedon
CLOSED	CLOSED	CLOSED		CLOSED		12:00-2:00 Wellbeing Café (mixed)		11am-12.30pm Men's Wellbeing café		
					12:00-2:00 Wellbeing café (mixed) - Friends Meeting House, WSM?			12:30-2:00 Creative Writing	1:00-3:00 Wellbeing Café (Women's) Carlton Centre	
								1:30-3:30 Wellbeing Café (mixed)		
Staff: REA, GF, BM, KS		Staff: REA, BM, KS			Staff: GF, BM, KS		Staff: GF, BM, KS		Staff: REA, GF, KS	
7th Jan 2019 - 11th Jan 2019										
Mon 7th		Tues 8th			Wed 9th		Thurs 10th		Fri 11th	
WSM	Clevedon	WSM	Clevedon	Portishead	WSM	Clevedon	WSM	Clevedon	WSM	Clevedon
11:00 Let's Do.... Together at WSM YMCA	11am-12.30pm Wellbeing café (mixed)		11am-12.30pm Wellbeing Café (women's)	11.30 Let's Do....Walking at Portishead Youth Centre (External Staff)	9.30am-4.30pm WEA Walking Group [external staff WEA]	10am-4pm WEA Walking Group [external staff WEA]		11am-12.30pm Wellbeing Café (men's)	1:00-3:00 Wellbeing Café (women's) - Carlton Centre	
1:00-3:00 Wellbeing Café (men's) - Coffee House	1.30pm-3.30pm Wellbeing Café (mixed)		11:30-3:30 Come and Try: 11:45 Relaxation; 12:30-1:30 Mindfulness; 1:30-3:30 Art and Craft	1:00 Let's Do....Togetherness at Portishead Youth Centre (External Staff)	1pm-3pm Wellbeing Café (mixed) - Friends Meeting House			12:30-2:00 Creative Writing		
	3:00-4:00 Let's Do...Badminton (Strode Leisure Centre, External Staff)		2 pm - 3 pm Music Group		1pm-3pm Art Group - Friends Meeting House			1:30-3:30 Wellbeing Café (mixed)		

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Mon 14th Jan		Tues 15th			Wed 16th		Thurs 17th		Fri 18th	
WSM	Clevedon	WSM	Clevedon	Portishead	WSM	Clevedon	WSM	Clevedon	WSM	Clevedon
	11am-12.30pm Wellbeing café (mixed)		11am-12.30pm Wellbeing Café (women's)	11.30 Let's Do....Walking at Portishead Youth Centre (External Staff)	9.30am-4.30pm WEA Walking Group [external staff WEA]	10am-4pm WEA Walking Group [external staff WEA]		11am-12.30pm Wellbeing Café (men's)	1:00-3:00 Wellbeing Café (women's) - Carlton Centre	
11:00 Let's Do.... Togetherness at WSM YMCA	1.30pm-3.30pm Wellbeing Café (mixed)		11:30-3:30 Come and Try: 11:45 Relaxation; 12:30-1:30 Mindfulness; 1:30-3:30 Art and Craft	1:00 Let's Do....Togetherness at Portishead Youth Centre (External Staff)	1pm-3pm Wellbeing Café (mixed) - Friends Meeting House	1:30-4:00		12:30-2:00 Creative Writing		
1:00-3:00 Wellbeing Café (men's) - Coffee House	3:00-4:00 Let's Do...Badminton (Strode Leisure Centre, External Staff)		2 pm - 3 pm Music Group		1pm-3pm Art Group - Friends Meeting House			1:30-3:30 Wellbeing Café (mixed)		
						Workshop: Finding Your Voice				

Mon 21st Jan		Tues 22nd			Wed 23rd		Thurs 24th		Fri 25th	
WSM	Clevedon	WSM	Clevedon	Portishead	WSM	Clevedon	WSM	Clevedon	WSM	Clevedon
11:00 Let's Do.... Togetherne ss at WSM YMCA	11am-12.30pm Wellbeing café (mixed)		11am-12.30pm Wellbeing Café (women's)	11.30 Let's Do....Walking at Portishead Youth Centre (External Staff)	9.30am-4.30pm WEA Walking Group [external staff WEA]	10am-4pm WEA Walking Group [external staff WEA]		11am-12.30pm Wellbeing Café (men's)	1:00-3:00 Wellbeing Café (women's) - Carlton Centre	
1:00-3:00 Wellbeing Café (men's) - Coffee House	1.30pm-3.30pm Wellbeing Café (mixed)		11:30-3:30 Come and Try: 11:45 Relaxation; 12:30-1:30 Mindfulness; 1:30-3:30 Art and Craft	1:00 Let's Do....Togethern ess at Portishead Youth Centre (External Staff)	1pm-3pm Wellbeing Café (mixed) - Friends Meeting House			12:30-2:00 Creative Writing		
	3:00-4:00 Let's Do...Badminton (Strode Leisure Centre, External staff)		2 pm - 3 pm Music Group		1pm-3pm Art Group - Friends Meeting House			1:30-3:30 Wellbeing Café (mixed)		

Mon 28th Jan		Tues 29th			Wed 30th		Thurs 31st		Friday 1st Feb	
WSM	Clevedon	WSM	Clevedon	Portishead	WSM	Clevedon	WSM	Clevedon	WSM	Clevedon
11:00 Let's Do.... Togetherne ss at WSM YMCA	11am-12.30pm Wellbeing café (mixed)		11am-12.30pm Wellbeing Café (women's)	11.30 Let's Do....Walking at Portishead Youth Centre (External Staff)	9.30am-4.30pm WEA Walking Group [external staff WEA]	10am-4pm WEA Walking Group [external staff WEA]	1:00-3:00 Workshop: Resilience - Friends Meeting House	11am-12.30pm Wellbeing Café (men's)	1:00-3:00 Wellbeing Café (women's) - Carlton Centre	
1:00-3:00 Wellbeing Café (men's) - Coffee House	1.30pm-3.30pm Wellbeing Café (mixed)		11:30-3:30 Come and Try: 11:45 Relaxation; 12:30-1:30 Mindfulness; 1:30-3:30 Art and Craft	1:00 Let's Do....Togethern ess at Portishead Youth Centre (External Staff)	1pm-3pm Wellbeing Café (mixed) - Friends Meeting House			12:30-2:00 Creative Writing		
	3:00-4:00 Let's Do...Badminton (Strode Leisure Centre, External Staff)		2 pm - 3 pm Music Group		1pm-3pm Art Group - Friends Meeting House			1:30-3:30 Wellbeing Café (mixed)		

Mon 4th Feb		Tues 5th		Wed 6th		Thurs 7th		Fri 8th		
WSM	Clevedon	WSM	Clevedon	Portishead	WSM	Clevedon	WSM	Clevedon	WSM	Clevedon
11:00 Let's Do.... Togetherne ss at WSM YMCA	11am-12.30pm Wellbeing café (mixed)		11am-12.30pm Wellbeing Café (women's)	11.30 Let's Do.....Walking at Portishead Youth Centre (External Staff)	9.30am-4.30pm WEA Walking Group [external staff WEA]	10am-4pm WEA Walking Group [external staff WEA]		11am-12.30pm Wellbeing Café (men's)	1:00-3:00 Wellbeing Café (women's) - Carlton Centre	
1:00-3:00 Wellbeing Café (men's) - Coffee House	1.30pm-3.30pm Wellbeing Café (mixed)		11:30-3:30 Come and Try: 11:45 Relaxation; 12:30-1:30 Mindfulness; 1:30-3:30 Art and Craft	1:00 Let's Do.....Togethern ess at Portishead Youth Centre (External Staff)	1pm-3pm Wellbeing Café (mixed) - Friends Meeting House			12:30-2:00 Creative Writing		
	3:00-4:00 Let's Do...Badminton (Strode Leisure Centre, External Staff)		2 pm - 3 pm Music Group		1pm-3pm Art Group - Friends Meeting House			1:30-3:30 Wellbeing Café (mixed)		

Mon 11th Feb		Tues 12th		Wed 13th		Thurs 14th		Fri 15th		
WSM	Clevedon	WSM	Clevedon	Portishead	WSM	Clevedon	WSM	Clevedon	WSM	Clevedon
11:00 Let's Do.... Togetherne ss at WSM YMCA	11am-12.30pm Wellbeing café (mixed)		11am-12.30pm Wellbeing Café (women's)	11.30 Let's Do.....Walking at Portishead Youth Centre (External Staff)	9.30am-4.30pm WEA Walking Group [external staff WEA]	10am-4pm WEA Walking Group [external staff WEA]		11am-12.30pm Wellbeing Café (men's)	1:00-3:00 Wellbeing Café (women's) - Carlton Centre	
1:00-3:00 Wellbeing Café (men's) - Coffee House	1.30pm-3.30pm Wellbeing Café (mixed)		11:30-3:30 Come and Try: 11:45 Relaxation; 12:30-1:30 Mindfulness; 1:30-3:30 Art and Craft	1:00 Let's Do.....Togethern ess at Portishead Youth Centre (External Staff)	1pm-3pm Wellbeing Café (mixed) - Friends Meeting House			12:30-2:00 Creative Writing		
	3:00-4:00 Let's Do...Badminton (Strode Leisure Centre, External Staff)		2 pm - 3 pm Music Group		1pm-3pm Art Group - Friends Meeting House			1:30-3:30 Wellbeing Café (mixed)		
					1:30-4:00 Workshop : Finding Your Voice - Friends Meeting House					

Mon 18th Feb		Tues 19th		Wed 20th		Thurs 21st		Fri 22nd		
WSM	Clevedon	WSM	Clevedon	Portishead	WSM	Clevedon	WSM	Clevedon	WSM	Clevedon
11:00 Let's Do.... Togetherne ss at WSM YMCA	11am-12.30pm Wellbeing café (mixed)		11am-12.30pm Wellbeing Café (women's)	11.30 Let's Do....Walking at Portishead Youth Centre (External Staff)	9.30am-4.30pm WEA Walking Group [external staff WEA]	10am-4pm WEA Walking Group [external staff WEA]		11am-12.30pm Wellbeing Café (men's)	1:00-3:00 Wellbeing Café (women's) - Carlton Centre	
1:00-3:00 Wellbeing Café (men's) - Coffee House	1.30pm-3.30pm Wellbeing Café (mixed)		11:30-3:30 Come and Try: 11:45 Relaxation; 12:30-1:30 Mindfulness; 1:30-3:30 Art and Craft	1:00 Let's Do....Togethern ess at Portishead Youth Centre (External Staff)	1pm-3pm Wellbeing Café (mixed) - Friends Meeting House			12:30-2:00 Creative Writing		
	3:00-4:00 Let's Do...Badminton (Strode Leisure Centre, External Staff)		2 pm - 3 pm Music Group		1pm-3pm Art Group - Friends Meeting House			1:30-3:30 Wellbeing Café (mixed)		

Mon 25th Feb		Tues 26th		Wed 27th		Thurs 28th		Fri 1st March		
WSM	Clevedon	WSM	Clevedon	Portishead	WSM	Clevedon	WSM	Clevedon	WSM	Clevedon
11:00 Let's Do.... Togetherne ss at WSM YMCA	11am-12.30pm Wellbeing café (mixed)		11am-12.30pm Wellbeing Café (women's)	11.30 Let's Do....Walking at Portishead Youth Centre (External Staff)	9.30am-4.30pm WEA Walking Group [external staff WEA]	10am-4pm WEA Walking Group [external staff WEA]		10:30 - 12:30 Workshop: Resilience ;	1:00-3:00 Wellbeing Café (women's) - Carlton Centre	
1:00-3:00 Wellbeing Café (men's) - Coffee House	1.30pm-3.30pm Wellbeing Café (mixed)		11:30-3:30 Come and Try: 11:45 Relaxation; 12:30-1:30 Mindfulness; 1:30-3:30 Art and Craft	1:00 Let's Do....Togethern ess at Portishead Youth Centre (External Staff)	1pm-3pm Wellbeing Café (mixed) - Friends Meeting House			11:00-12:30 Wellbeing Café (men's)		
	3:00-4:00 Let's Do...Badminton (Strode Leisure Centre, External Staff)		2 pm - 3 pm Music Group		1pm-3pm Art Group - Friends Meeting House			12:30-2:00 Creative Writing		
								1:30-3:30 Wellbeing Café (mixed)		

Mon 4th March		Tues 5th		Wed 6th		Thurs 7th		Fri 8th		
WSM	Clevedon	WSM	Clevedon	Portishead	WSM	Clevedon	WSM	Clevedon	WSM	Clevedon
11:00 Let's Do.... Togetherne ss at WSM YMCA	11am-12.30pm Wellbeing café (mixed)		11am-12.30pm Wellbeing Café (women's)	11.30 Let's Do.....Walking at Portishead Youth Centre (External Staff)	9.30am-4.30pm WEA Walking Group [external staff WEA]	10am-4pm WEA Walking Group [external staff WEA]		11am-12.30pm Wellbeing Café (men's)	1:00-3:00 Wellbeing Café (women's) - Carlton Centre	
1:00-3:00 Wellbeing Café (men's) - Coffee House	1.30pm-3.30pm Wellbeing Café (mixed)		11:30-3:30 Come and Try: 11:45 Relaxation; 12:30-1:30 Mindfulness; 1:30-3:30 Art and Craft	1:00 Let's Do.....Togethern ess at Portishead Youth Centre (External Staff)	1pm-3pm Wellbeing Café (mixed) - Friends Meeting House			12:30-2:00 Creative Writing		
	3:00-4:00 Let's Do...Badminton (Strode Leisure Centre, External Staff)		2 pm - 3 pm Music Group		1pm-3pm Art Group - Friends Meeting House			1:30-3:30 Wellbeing Café (mixed)		

Mon 11th March		Tues 12th		Wed 13th		Thurs 14th		Fri 15th		
WSM	Clevedon	WSM	Clevedon	Portishead	WSM	Clevedon	WSM	Clevedon	WSM	Clevedon
	11am-12.30pm Wellbeing café (mixed)		11am-12.30pm Wellbeing Café (women's)	11.30 Let's Do.....Walking at Portishead Youth Centre (External Staff)	9.30am-4.30pm WEA Walking Group [external staff WEA]	10am-4pm WEA Walking Group [external staff WEA]		11am-12.30pm Wellbeing Café (men's)	1:00-3:00 Wellbeing Café (women's) - Carlton Centre	
1:00-3:00 Wellbeing Café (men's) - Coffee House	1.30pm-3.30pm Wellbeing Café (mixed)		11:30-3:30 Come and Try: 11:45 Relaxation; 12:30-1:30 Mindfulness; 1:30-3:30 Art and Craft	1:00 Let's Do.....Togethern ess at Portishead Youth Centre (External Staff)	1pm-3pm Wellbeing Café (mixed) - Friends Meeting House	1:30-4:00 Workshop: 5 Ways to Wellbeing		12:30-2:00 Creative Writing		
	3:00-4:00 Let's Do...Badminton (Strode Leisure Centre, External Staff)		2 pm - 3 pm Music Group		1pm-3pm Art Group - Friends Meeting House			1:30-3:30 Wellbeing Café (mixed)		

Mon 18th March		Tues 19th			Wed 20th			Thurs 21st		Fri 22nd	
WSM	Clevedon	WSM	Clevedon	Portishead	WSM	Clevedon	WSM	Clevedon	WSM	Clevedon	
11:00 Let's Do.... Togetherness at WSM YMCA	11am-12.30pm Wellbeing café (mixed)		11am-12.30pm Wellbeing Café (women's)		9.30am-4.30pm WEA Walking Group [external staff WEA]	10am-4pm WEA Walking Group [external staff WEA]		11am-12.30pm Wellbeing Café (men's)	1:00-3:00 Wellbeing Café (women's) - Carlton Centre		Clevedon
1:00-3:00 Wellbeing Café (men's) - Coffee House	1.30pm-3.30pm Wellbeing Café (mixed)		11:30-3:30 Come and Try: 11:45 Relaxation; 12:30-1:30 Mindfulness; 1:30-3:30 Art and Craft	11.30 Let's Do....Walking at Portishead Youth Centre (External Staff)	1pm-3pm Wellbeing Café (mixed) - Friends Meeting House	1:30-4:00		12:30-2:00 Creative Writing			
	3:00-4:00 Let's Do...Badminton (Strode Leisure Centre, External Staff)		2 pm - 3 pm Music Group	1:00 Let's Do....Togetherness at Portishead Youth Centre (External Staff)	1pm-3pm Art Group - Friends Meeting House			1:30-3:30 Wellbeing Café (mixed)			

Mon 25th March		Tues 26th			Wed 27th			Thurs 28th		Fri 29th	
WSM	Clevedon	WSM	Clevedon	Portishead	WSM	Clevedon	WSM	Clevedon	WSM	Clevedon	
11:00 Let's Do.... Togetherness at WSM YMCA	11am-12.30pm Wellbeing café (mixed)		11am-12.30pm Wellbeing Café (women's)		9.30am-4.30pm WEA Walking Group [external staff WEA]	10am-4pm WEA Walking Group [external staff WEA]		11am-12.30pm Wellbeing Café (men's)	1:00-3:00 Wellbeing Café (women's) - Carlton Centre		
1:00-3:00 Wellbeing Café (men's) - Coffee House	1.30pm-3.30pm Wellbeing Café (mixed)		11:30-3:30 Come and Try: 11:45 Relaxation; 12:30-1:30 Mindfulness; 1:30-3:30 Art and Craft	1:00 Let's Do....Togetherness at Portishead Youth Centre (External Staff)	1pm-3pm Wellbeing Café (mixed) - Friends Meeting House	1:30-4:00		12:30-2:00 Creative Writing			
	3:00-4:00 Let's Do...Badminton (Strode Leisure Centre, External Staff)		2 pm - 3 pm Music Group		1pm-3pm Art Group - Friends Meeting House		1:00-3:00 Workshop - Self Awareness (GF)	1:30-3:30 Wellbeing Café (mixed)			