

Mon 8th April - Friday 28th June 2019												
Mon 8th April		Tues 9th		Wed 10th		Thurs 11th		Fri 12th April				
Weston	Clevedon	Weston	Clevedon	Portishead	Weston	Clevedon	Weston	Clevedon	Weston	Clevedon	Nailsea	
11:00 Let's Do.... Togetherness 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]	12:00-2:00 Wellbeing Café (mixed)		11am-12.30pm Men's Wellbeing café				Staffed by Second Step NSWS
	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	10am-4pm WEA Walking Group [external staff WEA]		12:30-2:00 Creative Writing	1:00-3:00 Wellbeing Café (Women's) Victoria Church			Staffed by Second Step NSWS
					11:00a.m-1:00pm Workshop (BMcC) - Finding Your Voice - Carlton Centre							
	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)	1:00-3:00 Wellbeing Café (men's) - Victoria Church			Staffed by Let's do project
Staff: REA, GF, BM, KS		Staff: REA, BM, KS			Staff: GF, BM, KS		Staff: GF, BM, KS		Staff: REA, GF, KS			Workshops run by NSWS or Wellbeing College
Mon 15th April		Tues 16th		Wed 17th		Thurs 18th		Fri 19th April				
WSM	Clevedon	WSM	Clevedon	Portishead	WSM	Clevedon	WSM	Clevedon	WSM	Clevedon	Nailsea	
11:00 Let's Do.... Togetherness 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)	CLOSED - GOOD FRIDAY (BANK HOLIDAY)	CLOSED - GOOD FRIDAY (BANK HOLIDAY)		
	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	10:00-12:00 Workshop - Understanding depression - GF		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 22nd April		Tues 23rd			Wed 24th		Thurs 25th		Fri 26th April		
WSM	Clevedon	WSM	Clevedon	Portishead	WSM	Clevedon	WSM	Clevedon	WSM	Clevedon	Nailsea
CLOSED - EASTER MONDAY (BANK HOLIDAY)	CLOSED - EASTER MONDAY (BANK HOLIDAY)		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.... Togetherne ss at WSM YMCA			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	1:00-3:00 Wellbeing Café (men's) - Victoria Church		2:00-4:00pm Wellbeing Café (Problem-solving) - Nailsea (KS)
			2 pm - 3 pm Music Group		1pm-3pm Art Group - Friends Meeting House			1:30-3:30 Wellbeing Café (mixed)			

Mon 29th April		Tues 30th			Wed 1st May		Thurs 2nd		Fri 3rd May		Nailsea
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)	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		
	1.30pm-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	1:00-3:00 Wellbeing Café (men's) - Victoria Church		
	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 6th May		Tues 7th			Wed 8th		Thurs 9th		Friday 10th May		Nailsea
WSM	Clevedon	WSM	Clevedon	Portishead	WSM	Clevedon	WSM	Clevedon	WSM	Clevedon	
CLOSED - BANK HOLIDAY	CLOSED - BANK HOLIDAY		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		
		1:30-3:30 Workshop - Understanding Anger - REA - YMCA, WSM	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	1:00-3:00 Wellbeing Café (men's) - Victoria Church		
			2 pm - 3 pm Music Group		1pm-3pm Art Group - Friends Meeting House	2:00-4:00pm Workshop - 5 Ways to Wellbeing - BMCC		1:30-3:30 Wellbeing Café (mixed)			

Mon 13th May		Tues 14th		Wed 15th		Thurs 16th		Fri 17th May		Nailsea	
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		
	1.30pm-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		2:00-4:00 Workshop - Understanding Depression - GF (Carlton Centre)	12:30-2:00 Creative Writing	1:00-3:00 Wellbeing Café (men's) - Victoria Church		2:00-4:00 - Wellbeing café session (KS) - topic to be confirmed
	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 20th May		Tues 21st		Wed 22nd		Thurs 23rd		Fri 24th May		Nailsea	
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.... Togetherne ss 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.....Togethern ess at Portishead Youth Centre (External Staff)	1pm-3pm Wellbeing Café (mixed) - Friends Meeting House			12:30-2:00 Creative Writing	1:00-3:00 Wellbeing Café (men's) - Victoria Church		
	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 27th May		Tues 28th		Wed 29th		Thurs 30th		Fri 31st May		Nailsea
WSM	Clevedon	WSM	Clevedon	Portishead	WSM	Clevedon	WSM	Clevedon	WSM	
CLOSED - BANK HOLIDAY	CLOSED - BANK HOLIDAY		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	
			11:30-3:30 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	1:00-3:00 Wellbeing Café (men's) - Victoria Church	
			2 pm - 3 pm Music Group		1pm-3pm Art Group - Friends Meeting House			1:30-3:30 Wellbeing Café (mixed)		
					11:00a.m - 1:00p.m Workshop - 5 Ways to Wellbeing (BMCC) - Carlton Centre					

Mon 3rd June		Tues 4th		Wed 5th		Thurs 6th		Fri 7th June		Nailsea
WSM	Clevedon	WSM	Clevedon	Portishead	WSM	Clevedon	WSM	Clevedon	WSM	
11:00 Let's Do.... Togetherne ss at WSM YMCA	11am-12.30pm Wellbeing café (mixed)			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 Wellbeing Café (women's) - Carlton Centre	
	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	10:00-12:00 - Workshop - Healthy relationships - GK		11:00-12:30 Wellbeing Café (men's)	1:00-3:00 Wellbeing Café (men's) - Victoria Church	
	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 10th June		Tues 11th		Wed 12th		Thurs 13th		Fri 14th June		Nailsea	
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)	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		2:00-4:00 - Wellbeing Café session - topic to be confirmed
	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	1:00-3:00 Wellbeing Café (men's) - Victoria Church		
	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 17th June		Tues 18th		Wed 19th		Thurs 20th		Fri 21st June		Nailsea	
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		2:00-4:00 - Workshop - Healthy Relationships - KS (65 High St)
	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		2:00-4:00pm Workshop - Healthy Relationships (GF) - Carlton Centre	12:30-2:00 Creative Writing	1:00-3:00 Wellbeing Café (men's) - Victoria Church		
	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)			

