Mon 1st Ju	ly - Friday 2	7 th Septe	mber 2019									
Mon 1st Ju		Tues 2nd			Wed 3rd		Thurs 4th		Fri 5th July			
Weston	Clevedon	Weston	Clevedon	Portishead		Clevedon	Weston	Clevedon	Weston	Clevedon	Nailsea	
11:00 Let's Do Togethern ess at WSM YMCA	11am- 12.30pm Wellbeing café (mixed)		11am- 12.30pm Wellbeing Café (women's)	king at Portishea d 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 Mindfulne ss; 1:30- 3:30 Art and Craft	DoToge therness at Portishea d Youth Centre	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		2:00-4:00 Wellbeing Café - 65 High Street, Nailsea - (KS)	Staffed by Second Step NSWS
					Workshop TBC - (BMcC)		Creative Writing?					
	3:00-4:00 Let's DoBadm inton (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)				Staffed by Let's do project
Staff: REA,	GF, BM, KS	Staff: REA,	BM, KS		Staff: GF,	BM, KS	Staff: GF, I	BM, KS	Staff: REA,	GF, KS		Workshop s run by NSWS or Wellbeing College
Mon 8th J	ulv	Tues 9th			Wed 10th		Thurs 11t	 h	Fri 12th Ju	ılv		
WSM	Clevedon	WSM	Clevedon	Portishead		Clevedon	WSM	Clevedon	WSM	Clevedon	Nailsea	
11:00 Let's Do Togethern ess at WSM YMCA	11am- 12.30pm Wellbeing café (mixed)		11am- 12.30pm Wellbeing Café (women's)	11.30 Let's DoWal king at Portishea d 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) - Victoria Church			
	1.30pm- 3.30pm Wellbeing Café (mixed)		11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft	DoToge therness at Portishea d Youth Centre	1pm-3pm Wellbeing Café (mixed) - Friends Meeting House	10:00- 12:00 Workshop TBC - GF		12:30- 2:00 Creative Writing	?????			
	3:00-4:00 Let's DoBadm inton (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 15th	1	Turn 4 Cale				1	Thurs	1	Fri 19th		
		Tues 16th									
July	a		a		Wed 17th	a	18th		July	6 1 1	
WSM	Clevedon	WSM		Portishead		Clevedon	WSM		WSM	Clevedon	Nailsea
			11am-		9.30am-	10am-		11am-	1:00-3:00		
			12.30pm		4.30pm	4pm WEA			Wellbeing		
			Wellbeing		WEA	Walking		Wellbeing			
			Café	king at	Walking	Group		Café	(women's)		
????	????		(women's)		Group	[external		(men's)	- Victoria		
				d Youth		staff			Church		
					staff	WEA]					
				•	WEA]						
				Staff)							
	????		11:30-		1pm-3pm			12:30-	?????		
			3:30	DoToge				2:00			
			Come and		Café			Creative			
11:00			Try: 11:45		(mixed) -			Writing			2:00-
Let's Do			Relaxation		Friends						4:00pm
Togethern			,		Meeting						Workshop
ess at					House						TBC -
WSM			Mindfulne	•							Nailsea
YMCA				Staff)							(KS)
			3:30 Art								/
			and Craft								
			2 pm - 3		1pm-3pm			1:30-3:30			
			pm Music		Art Group			Wellbeing			
			Group		Friends			Café			
					Meeting			(mixed)			
					House						
					Workshop						
					TBC 10:00-						
					12:00 (GF)						

Mon 22nd	I	Tues 23rd		I	Wed 24th	1	Thurs	l	Fri 26th	I	1
July							25th		July		
11:00 Let's Do Togethern ess at WSM YMCA	Clevedon 11am- 12.30pm Wellbeing café (mixed)	WSM	Clevedon 11am- 12.30pm Wellbeing Café (women's)	d Youth Centre (External Staff)	9.30am- 4.30pm WEA Walking Group [external staff WEA]	Clevedon 10am- 4pm WEA Walking Group [external staff WEA]	WSM		(Women's) Victoria Church	Clevedon	Nailsea
	1.30pm- 3.30pm Wellbeing Café (mixed)		11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft	DoToge therness at Portishea d Youth Centre	1pm-3pm Wellbeing Café (mixed) - Friends Meeting House	Workshop TBC - 10:00- 12:00 (BMcC)		12:30- 2:00 Creative Writing	????		
	3:00-4:00 Let's DoBadm inton (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 29th July		Tues 30th			Wed 31st July - venue to be confirmed		Thurs 1st Aug		Friday 2nd Aug		
WSM	Clevedon	WSM	Clevedon	Portishead		Clevedon	WSM	Clevedon	WSM	Clevedon	Nailsea
??? Lets Do	????		11am- 12.30pm Wellbeing Café (women's)	d Youth Centre	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) - Victoria Church		
			11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft	DoToge therness at Portishea d Youth Centre	1pm-3pm Wellbeing Café (mixed) - Friends Meeting House			12:30- 2:00 Creative Writing	??????		2:00-4:00 Wellbeing Café - 65 High Street, Nailsea (KS)
			2 pm - 3 pm Music Group		1pm-3pm Art Group - Friends Meeting House			1:30-3:30 Wellbeing Café (mixed)			
L	l	l	l	l	ı	l	l	l	l	L	l

1	1		ı			1			1	ı — —	1
Mon 5th A	Ugust Clevedon	Tues 6th WSM	Clauadan	Doubish and	Wed 7th	Clevedon	Thurs 8th WSM	Clevedon	Fri 9th Aug WSM		Nailess
WSM	11am-	VVSIVI	Clevedon 11am-	Portishead 11.30	9.30am-	10am-	VVSIVI	11am-	1:00-3:00	Clevedon	Nailsea
11.00	12.30pm		12.30pm	Let's	4.30pm	4pm WEA		12.30pm	Wellbeing		
11:00 Let's Do	Wellbeing		Wellbeing	DoWal	WEA	Walking		Wellbeing	Café		
Togethern	café		Café	king at	Walking	Group		Café	(Women's		
ess at	(mixed)		(women's)	Portishea d Youth	Group	[external staff		(men's)) Victoria Church		
WSM				Centre	[external staff	WEA]			Church		
YMCA				(External	WEA]	,					
				Staff)							
	1.30pm-		11:30-		1pm-3pm			12:30-	????		
	3.30pm Wellbeing		3:30 Come and	DoToge	Café			2:00 Creative			
	Café		Try: 11:45		(mixed) -		2:00-4:00	Writing			
	(mixed)		Relaxation	Portishea	Friends		Workshop				
			; 12:30-	d Youth	Meeting		-TBC-				
			1:30	Centre	House		venue to be				
			Mindfulne ss; 1:30-	Staff)			confirmed				
			3:30 Art	J. L. L. J. L.			- GF				
			and Craft								
	3:00-4:00		2 pm - 3		1pm-3pm			1:30-3:30			
	Let's		pm Music		Art Group			Wellbeing			
	DoBadm		Group		Friends			Café			
	inton				Meeting			(mixed)			
	(Strode Leisure				House						
	Centre,										
	7										
	External										
	External Staff)										
Mon 12th	Staff)	Tues 13th			Wed 14th		Thurs 15th		Fri16th Au	g	
Mon 12th A	Staff) Aug Clevedon	Tues 13th WSM	Clevedon	Portishead	WSM	Clevedon	Thurs 15th	Clevedon	WSM	g	Nailsea
	Aug Clevedon 11am-		11am-	11.30	WSM 9.30am-	10am-		Clevedon 11am-	WSM 1:00-3:00	B	Nailsea
	Staff) Aug Clevedon				WSM	10am- 4pm WEA		Clevedon	WSM 1:00-3:00 Wellbeing	g	Nailsea
	Aug Clevedon 11am- 12.30pm		11am- 12.30pm	11.30 Let's	9.30am- 4.30pm	10am-		Clevedon 11am- 12.30pm	WSM 1:00-3:00 Wellbeing	g	Nailsea
	Aug Clevedon 11am- 12.30pm Wellbeing		11am- 12.30pm Wellbeing Café	11.30 Let's DoWal king at Portishea	9.30am- 4.30pm WEA Walking Group	10am- 4pm WEA Walking Group [external		Clevedon 11am- 12.30pm Wellbeing	WSM 1:00-3:00 Wellbeing Café (women's) - Victoria	g	Nailsea
	Aug Clevedon 11am- 12.30pm Wellbeing café		11am- 12.30pm Wellbeing Café	11.30 Let's DoWal king at Portishea d Youth	WSM 9.30am- 4.30pm WEA Walking Group [external	10am- 4pm WEA Walking Group [external staff		Clevedon 11am- 12.30pm Wellbeing Café	WSM 1:00-3:00 Wellbeing Café (women's)	g	Nailsea
	Aug Clevedon 11am- 12.30pm Wellbeing café		11am- 12.30pm Wellbeing Café	11.30 Let's DoWal king at Portishea d Youth Centre	WSM 9.30am- 4.30pm WEA Walking Group [external staff	10am- 4pm WEA Walking Group [external		Clevedon 11am- 12.30pm Wellbeing Café	WSM 1:00-3:00 Wellbeing Café (women's) - Victoria	8	Nailsea
	Aug Clevedon 11am- 12.30pm Wellbeing café		11am- 12.30pm Wellbeing Café	11.30 Let's DoWal king at Portishea d Youth Centre (External	WSM 9.30am- 4.30pm WEA Walking Group [external	10am- 4pm WEA Walking Group [external staff		Clevedon 11am- 12.30pm Wellbeing Café	WSM 1:00-3:00 Wellbeing Café (women's) - Victoria	5	Nailsea
WSM	Aug Clevedon 11am- 12.30pm Wellbeing café		11am- 12.30pm Wellbeing Café	11.30 Let's DoWal king at Portishea d Youth Centre	WSM 9.30am- 4.30pm WEA Walking Group [external staff WEA]	10am- 4pm WEA Walking Group [external staff		Clevedon 11am- 12.30pm Wellbeing Café	WSM 1:00-3:00 Wellbeing Café (women's) - Victoria	g	Nailsea
WSM	Aug Clevedon 11am- 12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm		11am- 12.30pm Wellbeing Café (women's) 11:30- 3:30	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge	9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing	10am- 4pm WEA Walking Group [external staff		Clevedon 11am- 12.30pm Wellbeing Café (men's) 12:30- 2:00	WSM 1:00-3:00 Wellbeing Café (women's) - Victoria Church	g	Nailsea
WSM	Aug Clevedon 11am- 12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing		11am- 12.30pm Wellbeing Café (women's) 11:30- 3:30 Come and	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness	WSM 9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café	10am- 4pm WEA Walking Group [external staff		Clevedon 11am- 12.30pm Wellbeing Café (men's) 12:30- 2:00 Creative	WSM 1:00-3:00 Wellbeing Café (women's) - Victoria Church	g	Nailsea
WSM 11:00	Aug Clevedon 11am- 12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing Café		11am- 12.30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at	WSM 9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) -	10am- 4pm WEA Walking Group [external staff		Clevedon 11am- 12.30pm Wellbeing Café (men's) 12:30- 2:00	WSM 1:00-3:00 Wellbeing Café (women's) - Victoria Church	g	Nailsea
11:00 Let's Do	Aug Clevedon 11am- 12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing		11:am- 12:30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45 Relaxation	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea	WSM 9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends	10am- 4pm WEA Walking Group [external staff		Clevedon 11am- 12.30pm Wellbeing Café (men's) 12:30- 2:00 Creative	WSM 1:00-3:00 Wellbeing Café (women's) - Victoria Church	g	Nailsea
11:00 Let's Do Togethern	Aug Clevedon 11am- 12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing Café		11am- 12.30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at	WSM 9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) -	10am- 4pm WEA Walking Group [external staff		Clevedon 11am- 12.30pm Wellbeing Café (men's) 12:30- 2:00 Creative	WSM 1:00-3:00 Wellbeing Café (women's) - Victoria Church	g	Nailsea
11:00 Let's Do Togethern ess at	Aug Clevedon 11am- 12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing Café		11am- 12.30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30-	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre	WSM 9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting	10am- 4pm WEA Walking Group [external staff		Clevedon 11am- 12.30pm Wellbeing Café (men's) 12:30- 2:00 Creative	WSM 1:00-3:00 Wellbeing Café (women's) - Victoria Church	g	2:00-4:00
11:00 Let's Do Togethern ess at WSM	Aug Clevedon 11am- 12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing Café		11am- 12.30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45 Relaxation; 12:30- 1:30 Mindfulne ss; 1:30-	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre	WSM 9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting	10am- 4pm WEA Walking Group [external staff		Clevedon 11am- 12.30pm Wellbeing Café (men's) 12:30- 2:00 Creative	WSM 1:00-3:00 Wellbeing Café (women's) - Victoria Church	g	2:00-4:00 Workshop
11:00 Let's Do Togethern ess at	Aug Clevedon 11am- 12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing Café		11am- 12.30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External	WSM 9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting	10am- 4pm WEA Walking Group [external staff		Clevedon 11am- 12.30pm Wellbeing Café (men's) 12:30- 2:00 Creative	WSM 1:00-3:00 Wellbeing Café (women's) - Victoria Church	g	2:00-4:00 Workshop TBC - 65
11:00 Let's Do Togethern ess at WSM	Aug Clevedon 11am- 12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing Café		11am- 12.30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45 Relaxation; 12:30- 1:30 Mindfulne ss; 1:30-	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External	WSM 9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting	10am- 4pm WEA Walking Group [external staff		Clevedon 11am- 12.30pm Wellbeing Café (men's) 12:30- 2:00 Creative	WSM 1:00-3:00 Wellbeing Café (women's) - Victoria Church	g	2:00-4:00 Workshop
11:00 Let's Do Togethern ess at WSM	Aug Clevedon 11am- 12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing Café		11am- 12.30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External	WSM 9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting	10am- 4pm WEA Walking Group [external staff		Clevedon 11am- 12.30pm Wellbeing Café (men's) 12:30- 2:00 Creative	WSM 1:00-3:00 Wellbeing Café (women's) - Victoria Church	g	2:00-4:00 Workshop TBC - 65 High St,
11:00 Let's Do Togethern ess at WSM	Aug Clevedon 11am- 12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing Café (mixed)		11:30- 11:30- 3:30 Come and Try: 11:45 Relaxation; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External Staff)	WSM 9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House	10am- 4pm WEA Walking Group [external staff		Clevedon 11am- 12.30pm Wellbeing Café (men's) 12:30- 2:00 Creative Writing	WSM 1:00-3:00 Wellbeing Café (women's) - Victoria Church	g	2:00-4:00 Workshop TBC - 65 High St, Nailsea -
11:00 Let's Do Togethern ess at WSM	Aug Clevedon 11am- 12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing Café (mixed)		11:30- 3:30 Come and Try: 11:45 Relaxation; 12:30- 1:30 Mindfulne ss; 1:30 Art and Craft 2 pm - 3 pm Music	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External Staff) 2:00-4:00 Workshop	WSM 9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House	10am- 4pm WEA Walking Group [external staff		Clevedon 11am- 12.30pm Wellbeing Café (men's) 12:30- 2:00 Creative Writing 1:30-3:30 Wellbeing	WSM 1:00-3:00 Wellbeing Café (women's) - Victoria Church	g S	2:00-4:00 Workshop TBC - 65 High St, Nailsea -
11:00 Let's Do Togethern ess at WSM	Aug Clevedon 11am- 12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing Café (mixed) 3:00-4:00 Let's DoBadm		11:30- 11:30- 3:30 Come and Try: 11:45 Relaxation; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External Staff) 2:00-4:00 Workshop TBC-	WSM 9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group Friends	10am- 4pm WEA Walking Group [external staff		Clevedon 11am- 12.30pm Wellbeing Café (men's) 12:30- 2:00 Creative Writing 1:30-3:30 Wellbeing Café	WSM 1:00-3:00 Wellbeing Café (women's) - Victoria Church	g S	2:00-4:00 Workshop TBC - 65 High St, Nailsea -
11:00 Let's Do Togethern ess at WSM	Aug Clevedon 11am- 12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing Café (mixed) 3:00-4:00 Let's DoBadm inton		11:30- 3:30 Come and Try: 11:45 Relaxation; 12:30- 1:30 Mindfulne ss; 1:30 Art and Craft 2 pm - 3 pm Music	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External Staff)	WSM 9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group Friends Meeting	10am- 4pm WEA Walking Group [external staff		Clevedon 11am- 12.30pm Wellbeing Café (men's) 12:30- 2:00 Creative Writing 1:30-3:30 Wellbeing	WSM 1:00-3:00 Wellbeing Café (women's) - Victoria Church	g S	2:00-4:00 Workshop TBC - 65 High St, Nailsea -
11:00 Let's Do Togethern ess at WSM	Aug Clevedon 11am- 12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing Café (mixed) 3:00-4:00 Let's DoBadm		11:30- 3:30 Come and Try: 11:45 Relaxation; 12:30- 1:30 Mindfulne ss; 1:30 Art and Craft 2 pm - 3 pm Music	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External Staff) 2:00-4:00 Workshop TBC-	WSM 9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group Friends	10am- 4pm WEA Walking Group [external staff		Clevedon 11am- 12.30pm Wellbeing Café (men's) 12:30- 2:00 Creative Writing 1:30-3:30 Wellbeing Café	WSM 1:00-3:00 Wellbeing Café (women's) - Victoria Church	g S	2:00-4:00 Workshop TBC - 65 High St, Nailsea -
11:00 Let's Do Togethern ess at WSM	Aug Clevedon 11am- 12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing Café (mixed) 3:00-4:00 Let's DoBadm inton (Strode		11:30- 3:30 Come and Try: 11:45 Relaxation; 12:30- 1:30 Mindfulne ss; 1:30 Art and Craft 2 pm - 3 pm Music	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge theress at Portishea d Youth Centre (External Staff) 2:00-4:00 Workshop TBC venue to be	WSM 9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group - Friends Meeting	10am- 4pm WEA Walking Group [external staff		Clevedon 11am- 12.30pm Wellbeing Café (men's) 12:30- 2:00 Creative Writing 1:30-3:30 Wellbeing Café	WSM 1:00-3:00 Wellbeing Café (women's) - Victoria Church	g S	2:00-4:00 Workshop TBC - 65 High St, Nailsea -
11:00 Let's Do Togethern ess at WSM	Aug Clevedon 11am- 12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing Café (mixed) 3:00-4:00 Let's DoBadm inton (Strode Leisure Centre, External		11:30- 3:30 Come and Try: 11:45 Relaxation; 12:30- 1:30 Mindfulne ss; 1:30 Art and Craft 2 pm - 3 pm Music	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External Staff) 2:00-4:00 Workshop TBC - venue to be confirmed - Portishea	WSM 9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group - Friends Meeting	10am- 4pm WEA Walking Group [external staff		Clevedon 11am- 12.30pm Wellbeing Café (men's) 12:30- 2:00 Creative Writing 1:30-3:30 Wellbeing Café	WSM 1:00-3:00 Wellbeing Café (women's) - Victoria Church	g S	2:00-4:00 Workshop TBC - 65 High St, Nailsea -
11:00 Let's Do Togethern ess at WSM	Aug Clevedon 11am- 12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing Café (mixed) 3:00-4:00 Let's DoBadm inton (Strode Leisure Centre,		11:30- 3:30 Come and Try: 11:45 Relaxation; 12:30- 1:30 Mindfulne ss; 1:30 Art and Craft 2 pm - 3 pm Music	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge there	WSM 9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group - Friends Meeting	10am- 4pm WEA Walking Group [external staff		Clevedon 11am- 12.30pm Wellbeing Café (men's) 12:30- 2:00 Creative Writing 1:30-3:30 Wellbeing Café	WSM 1:00-3:00 Wellbeing Café (women's) - Victoria Church	g S	2:00-4:00 Workshop TBC - 65 High St, Nailsea -

	 										
Mon 19th		Tues 20th			Wed 21st		Thurs 22nd		Fri 23rd Au	_	
WSM	Clevedon	WSM	Clevedon 11am-	Portishead 11.30	WSM 9.30am-	Clevedon 10am-	WSM	Clevedon 11am-	WSM 1:00-3:00	Clevedon	Nailsea
			12.30pm	Let's	4.30pm	4pm WEA		12.30pm	Wellbeing		
			Wellbeing		WEA	Walking		Wellbeing	_		
CLOSED -	CLOSED -		Café	king at	Walking	Group		Café	(Women's		
BANK	BANK		(women's)		Group	[external		(men's)) Victoria		
HOLIDAY	HOLIDAY			d Youth Centre	[external staff	staff WEA]			Church		
				(External	WEA]	WLAJ					
				Staff)	-						
			11:30-	1:00 Let's	1pm-3pm			12:30-	????		
			3:30 Come and	DoToge	Wellbeing Café			2:00 Creative			
			Try: 11:45		(mixed) -			Writing			
			Relaxation		Friends			Ü			
			; 12:30-	d Youth	Meeting						
			1:30 Mindfulne	Centre	House						
				Staff)							
			3:30 Art	,							
			and Craft								
			2 pm - 3		1pm-3pm			1:30-3:30			
			pm Music		Art Group			Wellbeing			
			Group		Friends			Café			
					Meeting House			(mixed)			
					riouse						
									- :		
Mon 26th WSM	Clevedon	Tues 27th WSM	Clevedon	Portishead	Wed 28th	Clevedon	Thurs 29th WSM	Clevedon	Fri 30th Au WSM	Clevedon	Nailsea
	B/HOL	VVSIVI	Cievedon	11.30	9.30am-	10am-	VVSIVI	Cievedon	1:00-3:00	Cievedoii	Ivalisea
	B/HOL	VVSIVI	Clevedon	11.30 Let's	9.30am- 4.30pm	10am- 4pm WEA	VVSIVI	Cievedon	1:00-3:00 Wellbeing	cievedoii	Ivalisea
	B/HOL	WSIVI	Cievedon	11.30 Let's DoWal	9.30am- 4.30pm WEA	10am- 4pm WEA Walking	WSW	Cievedon	1:00-3:00 Wellbeing Café	Cievedoli	Ivalisea
B/HOL	B/HOL	WSIVI	Clevedon	11.30 Let's	9.30am- 4.30pm	10am- 4pm WEA	VVSIVI	cievedon	1:00-3:00 Wellbeing	Cievedon	Ivalisea
B/HOL	B/HOL	WSIVI	Clevedon	11.30 Let's DoWal king at	9.30am- 4.30pm WEA Walking	10am- 4pm WEA Walking Group [external staff	WSW	cievedon	1:00-3:00 Wellbeing Café (Women's	Cievedon	Ivalisea
в/ноц	B/HOL	WSW	Clevedon	11.30 Let's DoWal king at Portishea d Youth Centre	9.30am- 4.30pm WEA Walking Group [external staff	10am- 4pm WEA Walking Group [external	WSW	cievedon	1:00-3:00 Wellbeing Café (Women's) Victoria	Clevedoii	Naisea
в/ноц	B/HOL	WSW	Cievedon	11.30 Let's DoWal king at Portishea d Youth Centre (External	9.30am- 4.30pm WEA Walking Group [external	10am- 4pm WEA Walking Group [external staff	WSW	cievedon	1:00-3:00 Wellbeing Café (Women's) Victoria	Clevedoii	Naiisea
в/ноц	B/HOL	WSW		11.30 Let's DoWal king at Portishea d Youth Centre	9.30am- 4.30pm WEA Walking Group [external staff	10am- 4pm WEA Walking Group [external staff WEA]	WSW	11:00-	1:00-3:00 Wellbeing Café (Women's) Victoria	Clevedoii	Natisea
в/ноц	B/HOL	WSW	11:30- 3:30	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge	9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing	10am- 4pm WEA Walking Group [external staff WEA]	WSW	11:00- 12:30	1:00-3:00 Wellbeing Café (Women's) Victoria Church	Cievedoii	Ivalised
в/ноц	B/HOL	WSW	11:30- 3:30 Come and	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness	9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café	10am- 4pm WEA Walking Group [external staff WEA] 10:00- 12:00 - Workshop	WSW	11:00- 12:30 Wellbeing	1:00-3:00 Wellbeing Café (Women's) Victoria Church	Clevedoii	Ivalised
в/ноц	В/НОL	WSW	11:30- 3:30 Come and Try: 11:45	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at	9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) -	10am- 4pm WEA Walking Group [external staff WEA]	WSW	11:00- 12:30 Wellbeing Café	1:00-3:00 Wellbeing Café (Women's) Victoria Church	Clevedon	Indised
в/ноц	в/ноц	WSW	11:30- 3:30 Come and	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at	9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café	10am- 4pm WEA Walking Group [external staff WEA] 10:00- 12:00 - Workshop	WSW	11:00- 12:30 Wellbeing	1:00-3:00 Wellbeing Café (Women's) Victoria Church	Clevedon	Indised
в/ноц	в/ноц	WSW	11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre	9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends	10am- 4pm WEA Walking Group [external staff WEA] 10:00- 12:00 - Workshop	WSW	11:00- 12:30 Wellbeing Café	1:00-3:00 Wellbeing Café (Women's) Victoria Church	Clevedon	Indised
в/ноц	в/ноц	WSW	11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External	9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting	10am- 4pm WEA Walking Group [external staff WEA] 10:00- 12:00 - Workshop	WSW	11:00- 12:30 Wellbeing Café	1:00-3:00 Wellbeing Café (Women's) Victoria Church	Clevedon	redised
в/ноц	в/ноц	WSW	11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne ss; 1:30-	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre	9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting	10am- 4pm WEA Walking Group [external staff WEA] 10:00- 12:00 - Workshop	WSW	11:00- 12:30 Wellbeing Café	1:00-3:00 Wellbeing Café (Women's) Victoria Church	Cevedon	Indised
B/HOL	в/ноц	WSW	11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External	9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting	10am- 4pm WEA Walking Group [external staff WEA] 10:00- 12:00 - Workshop	WSW	11:00- 12:30 Wellbeing Café	1:00-3:00 Wellbeing Café (Women's) Victoria Church	Cevedon	Indised
в/ноц	в/ноц	WSW	11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External	9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting	10am- 4pm WEA Walking Group [external staff WEA] 10:00- 12:00 - Workshop	WSW	11:00- 12:30 Wellbeing Café	1:00-3:00 Wellbeing Café (Women's) Victoria Church	Cevedon	Indiaced
в/ноц	B/HOL 3:00-4:00	WSW	11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External	9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting	10am- 4pm WEA Walking Group [external staff WEA] 10:00- 12:00 - Workshop	VVSIVI	11:00- 12:30 Wellbeing Café	1:00-3:00 Wellbeing Café (Women's) Victoria Church	Cevedon	Indiace
B/HOL	3:00-4:00 Let's	WSW	11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External	9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House	10am- 4pm WEA Walking Group [external staff WEA] 10:00- 12:00 - Workshop	VVSIVI	11:00- 12:30 Wellbeing Café (men's)	1:00-3:00 Wellbeing Café (Women's) Victoria Church	Cevedon	Indised
B/HOL	3:00-4:00 Let's DoBadm	WSW	11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External	9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group Friends	10am- 4pm WEA Walking Group [external staff WEA] 10:00- 12:00 - Workshop	WSW	11:00- 12:30 Wellbeing Café (men's) 12:30- 2:00 Creative	1:00-3:00 Wellbeing Café (Women's) Victoria Church	Cevedon	
B/HOL	3:00-4:00 Let's DoBadm inton	WSW	11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft 2 pm - 3 pm Music	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External	9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group Friends Meeting	10am- 4pm WEA Walking Group [external staff WEA] 10:00- 12:00 - Workshop	WSW	11:00- 12:30 Wellbeing Café (men's)	1:00-3:00 Wellbeing Café (Women's) Victoria Church	Cevedon	2:00-4:00
B/HOL	3:00-4:00 Let's DoBadm	WSW	11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft 2 pm - 3 pm Music	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External	9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group Friends	10am- 4pm WEA Walking Group [external staff WEA] 10:00- 12:00 - Workshop	WSW	11:00- 12:30 Wellbeing Café (men's) 12:30- 2:00 Creative	1:00-3:00 Wellbeing Café (Women's) Victoria Church	Cevedon	2:00-4:00
B/HOL	3:00-4:00 Let's DoBadm inton (Strode Leisure Centre,	WSW	11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft 2 pm - 3 pm Music	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External	9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group Friends Meeting	10am- 4pm WEA Walking Group [external staff WEA] 10:00- 12:00 - Workshop	VVSIVI	11:00- 12:30 Wellbeing Café (men's) 12:30- 2:00 Creative	1:00-3:00 Wellbeing Café (Women's) Victoria Church	Cevedon	2:00-4:00 Wellbeing Café - 65 High St,
B/HOL	3:00-4:00 Let's DoBadm inton (Strode Leisure Centre, External	WSW	11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft 2 pm - 3 pm Music	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External	9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group Friends Meeting	10am- 4pm WEA Walking Group [external staff WEA] 10:00- 12:00 - Workshop	WSW	11:00- 12:30 Wellbeing Café (men's) 12:30- 2:00 Creative	1:00-3:00 Wellbeing Café (Women's) Victoria Church	Clevedon	2:00-4:00 Wellbeing Café - 65 High St, Nailsea
B/HOL	3:00-4:00 Let's DoBadm inton (Strode Leisure Centre,	WSW	11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft 2 pm - 3 pm Music	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External	9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group Friends Meeting	10am- 4pm WEA Walking Group [external staff WEA] 10:00- 12:00 - Workshop	VVSIVI	11:00- 12:30 Wellbeing Café (men's) 12:30- 2:00 Creative	1:00-3:00 Wellbeing Café (Women's) Victoria Church	Cevedon	2:00-4:00 Wellbeing Café - 65 High St,
B/HOL	3:00-4:00 Let's DoBadm inton (Strode Leisure Centre, External	WSW	11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft 2 pm - 3 pm Music	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External	9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group Friends Meeting	10am- 4pm WEA Walking Group [external staff WEA] 10:00- 12:00 - Workshop	VVSIVI	11:00- 12:30 Wellbeing Café (men's) 12:30- 2:00 Creative Writing	1:00-3:00 Wellbeing Café (Women's) Victoria Church	Cevedon	2:00-4:00 Wellbeing Café - 65 High St, Nailsea
B/HOL	3:00-4:00 Let's DoBadm inton (Strode Leisure Centre, External	WSW	11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft 2 pm - 3 pm Music	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External	9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group Friends Meeting	10am- 4pm WEA Walking Group [external staff WEA] 10:00- 12:00 - Workshop	VVSIVI	11:00- 12:30 Wellbeing Café (men's) 12:30- 2:00 Creative Writing 1:30-3:30 Wellbeing Café	1:00-3:00 Wellbeing Café (Women's) Victoria Church	Ceredon	2:00-4:00 Wellbeing Café - 65 High St, Nailsea
B/HOL	3:00-4:00 Let's DoBadm inton (Strode Leisure Centre, External	WSW	11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft 2 pm - 3 pm Music	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External	9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group Friends Meeting	10am- 4pm WEA Walking Group [external staff WEA] 10:00- 12:00 - Workshop	VVJVI	11:00- 12:30 Wellbeing Café (men's) 12:30- 2:00 Creative Writing	1:00-3:00 Wellbeing Café (Women's) Victoria Church	Cevedon	2:00-4:00 Wellbeing Café - 65 High St, Nailsea
B/HOL	3:00-4:00 Let's DoBadm inton (Strode Leisure Centre, External	WSWI	11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft 2 pm - 3 pm Music	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External	9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group Friends Meeting	10am- 4pm WEA Walking Group [external staff WEA] 10:00- 12:00 - Workshop	VVJVI	11:00- 12:30 Wellbeing Café (men's) 12:30- 2:00 Creative Writing 1:30-3:30 Wellbeing Café	1:00-3:00 Wellbeing Café (Women's) Victoria Church	Cevedon	2:00-4:00 Wellbeing Café - 65 High St, Nailsea
B/HOL	3:00-4:00 Let's DoBadm inton (Strode Leisure Centre, External	WSWI	11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft 2 pm - 3 pm Music	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External	9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group Friends Meeting	10am- 4pm WEA Walking Group [external staff WEA] 10:00- 12:00 - Workshop	W 3W 1	11:00- 12:30 Wellbeing Café (men's) 12:30- 2:00 Creative Writing 1:30-3:30 Wellbeing Café	1:00-3:00 Wellbeing Café (Women's) Victoria Church	Cerecum	2:00-4:00 Wellbeing Café - 65 High St, Nailsea
B/HOL	3:00-4:00 Let's DoBadm inton (Strode Leisure Centre, External	WSWI	11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft 2 pm - 3 pm Music	11.30 Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External	9.30am- 4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group Friends Meeting	10am- 4pm WEA Walking Group [external staff WEA] 10:00- 12:00 - Workshop	W SWI	11:00- 12:30 Wellbeing Café (men's) 12:30- 2:00 Creative Writing 1:30-3:30 Wellbeing Café	1:00-3:00 Wellbeing Café (Women's) Victoria Church	Clevedon	2:00-4:00 Wellbeing Café - 65 High St, Nailsea

Mon 2nd S	Sept	Tues 3rd	1		Wed 4th		Thurs 5th		Fri 6th Sep	t	
WSM	Clevedon	WSM	Clevedon	Portishead		Clevedon	WSM	Clevedon	WSM	Clevedon	Nailsea
11:00 Let's Do Togethern ess at WSM YMCA	11am- 12.30pm Wellbeing café (mixed)		11am- 12.30pm Wellbeing Café (women's)	king at Portishea d 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)	(Women's) Victoria Church		
	1.30pm- 3.30pm Wellbeing Café (mixed)		11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft	at Portishea d Youth Centre	1pm-3pm Wellbeing Café (mixed) - Friends Meeting House			12:30- 2:00 Creative Writing	?????		
	3:00-4:00 Let's DoBadm inton (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 TBC - time to be confirmed - BMcC						
Mon 9th S	ont	Tues 10th			Wed 11th		Thurs 12th		Fri 13th Se	nt	
WSM	Clevedon	WSM	Clevedon	Portishead		Clevedon	WSM	Clevedon	WSM	Clevedon	Nailsea
	11am- 12.30pm Wellbeing café (mixed)		11am- 12.30pm Wellbeing Café (women's)	11.30 Let's DoWal king at Portishea	9.30am- 4.30pm WEA Walking Group	10am- 4pm WEA Walking Group [external staff WEA]		11am- 12.30pm Wellbeing Café (men's)	1:00-3:00 Wellbeing Café (Women's) Victoria Church		
	1.30pm- 3.30pm Wellbeing Café (mixed)		11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft	1:00 Let's DoToge therness at Portishea d Youth Centre	1pm-3pm Wellbeing Café (mixed) - Friends Meeting House			12:30- 2:00 Creative Writing	???		2:00-4:00 - Workshop - TBC - KS (65 High St)
	3:00-4:00 Let's DoBadm inton (Strode Leisure Centre, External Staff)		2 pm - 3 pm Music Group	2:00- 4:00pm - Workshop - venue TBC - Portishea d??- (GF)	1pm-3pm Art Group Friends Meeting House			1:30-3:30 Wellbeing Café (mixed)			
	Let's DoBadm inton (Strode Leisure Centre, External		pm Music	4:00pm - Workshop - venue TBC - Portishea	Art Group Friends Meeting			Wellbeing Café			
	Let's DoBadm inton (Strode Leisure Centre, External		pm Music	4:00pm - Workshop - venue TBC - Portishea	Art Group Friends Meeting			Wellbeing Café			

Mon 16th	Sept	Tues 17th			Wed 18th		Thurs 19th		Fri 20th Se	pt	
WSM	Clevedon	WSM	Clevedon	Portishead		Clevedon	WSM	Clevedon	WSM	Clevedon	Nailsea
	11am-		11am-		9.30am-	10am-		11am-	1:00-3:00		
11:00	12.30pm		12.30pm		4.30pm	4pm WEA		12.30pm	Wellbeing		
Let's Do	Wellbeing		Wellbeing		WEA	Walking		Wellbeing	Café		
Togethern	café		Café		Walking	Group		Café	(Women's		
ess at	(mixed)		(women's)		Group	[external		(men's)) Victoria		
WSM					[external	staff			Church		
YMCA					staff	WEA]					
					WEA]						
	1.30pm-		11:30-	11.30	1pm-3pm	2:00-		12:30-	????		
	3.30pm		3:30	Let's	Wellbeing			2:00			
	Wellbeing		Come and		Café	Workshop		Creative			
	Café (mixed)		Try: 11:45	_	(mixed) -	TBC -		Writing			
	(mixea)		Relaxation ; 12:30-	d Youth	Friends	(BMcC)					
			1:30	Centre	Meeting House						
			Mindfulne		House						
			ss; 1:30-	Staff)							
			3:30 Art	Starry							
			and Craft								
			and Grant								
	3:00-4:00		2 pm - 3	1:00 Let's	1pm-3pm			1:30-3:30			
	Let's		7	DoToge				Wellbeing			
	DoBadm		Group	therness	Friends			Café			
	inton			at	Meeting			(mixed)			
	(Strode Leisure			Portishea d Youth	House						
	Centre,			Centre							
	External			(External							
	Staff)			Staff)							
Mon 23rd	-	Tues 24th	Cll	Doubleh ood	Wed 25th	Cll	Thurs 26th		Fri 27th Se		NI-TI
WSM	Clevedon	WSM	Clevedon	Portishead		Clevedon	WSM	Clevedon	WSM	Clevedon	Nailsea
	112m		112m		0 20am	10am		11 am	1.00 2.00		
11:00	11am-		11am-		9.30am- 4.30nm	10am-		11am-	1:00-3:00 Wellheing		
11:00 Let's Do	12.30pm		12.30pm		4.30pm	4pm WEA		12.30pm	Wellbeing		
Let's Do								12.30pm			
Let's Do	12.30pm Wellbeing		12.30pm Wellbeing		4.30pm WEA	4pm WEA Walking		12.30pm Wellbeing	Wellbeing Café		
Let's Do Togethern ess at WSM	12.30pm Wellbeing café		12.30pm Wellbeing Café		4.30pm WEA Walking	4pm WEA Walking Group		12.30pm Wellbeing Café	Wellbeing Café (Women's		
Let's Do Togethern ess at	12.30pm Wellbeing café		12.30pm Wellbeing Café		4.30pm WEA Walking Group [external staff	4pm WEA Walking Group [external		12.30pm Wellbeing Café	Wellbeing Café (Women's) Victoria		
Let's Do Togethern ess at WSM	12.30pm Wellbeing café (mixed)		12.30pm Wellbeing Café (women's)		4.30pm WEA Walking Group [external staff WEA]	4pm WEA Walking Group [external staff		12.30pm Wellbeing Café (men's)	Wellbeing Café (Women's) Victoria Church		
Let's Do Togethern ess at WSM	12.30pm Wellbeing café (mixed)		12.30pm Wellbeing Café (women's)	11.30	4.30pm WEA Walking Group [external staff WEA] 1pm-3pm	4pm WEA Walking Group [external staff		12.30pm Wellbeing Café (men's)	Wellbeing Café (Women's) Victoria		
Let's Do Togethern ess at WSM	12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm		12.30pm Wellbeing Café (women's) 11:30- 3:30	Let's	4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing	4pm WEA Walking Group [external staff		12.30pm Wellbeing Café (men's) 12:30- 2:00	Wellbeing Café (Women's) Victoria Church		
Let's Do Togethern ess at WSM	12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing		12.30pm Wellbeing Café (women's) 11:30- 3:30 Come and	Let's DoWal	4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café	4pm WEA Walking Group [external staff		12:30pm Wellbeing Café (men's) 12:30- 2:00 Creative	Wellbeing Café (Women's) Victoria Church		
Let's Do Togethern ess at WSM	12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing Café		12.30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45	Let's DoWal king at	4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) -	4pm WEA Walking Group [external staff		12.30pm Wellbeing Café (men's) 12:30- 2:00	Wellbeing Café (Women's) Victoria Church		
Let's Do Togethern ess at WSM	12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing		12.30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45 Relaxation	Let's DoWal king at Portishea	4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends	4pm WEA Walking Group [external staff		12:30pm Wellbeing Café (men's) 12:30- 2:00 Creative	Wellbeing Café (Women's) Victoria Church		
Let's Do Togethern ess at WSM	12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing Café		12.30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45	Let's DoWal king at	4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) -	4pm WEA Walking Group [external staff		12:30pm Wellbeing Café (men's) 12:30- 2:00 Creative	Wellbeing Café (Women's) Victoria Church		
Let's Do Togethern ess at WSM	12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing Café		12.30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30	Let's DoWal king at Portishea d Youth Centre	4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting	4pm WEA Walking Group [external staff		12:30pm Wellbeing Café (men's) 12:30- 2:00 Creative	Wellbeing Café (Women's) Victoria Church		
Let's Do Togethern ess at WSM	12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing Café		12.30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne	Let's DoWal king at Portishea d Youth Centre	4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting	4pm WEA Walking Group [external staff		12:30pm Wellbeing Café (men's) 12:30- 2:00 Creative	Wellbeing Café (Women's) Victoria Church		
Let's Do Togethern ess at WSM	12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing Café		12:30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art	Let's DoWal king at Portishea d Youth Centre (External	4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting	4pm WEA Walking Group [external staff		12:30pm Wellbeing Café (men's) 12:30- 2:00 Creative	Wellbeing Café (Women's) Victoria Church		
Let's Do Togethern ess at WSM	12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing Café		12.30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45 Relaxation; 12:30- 1:30 Mindfulne ss; 1:30-	Let's DoWal king at Portishea d Youth Centre (External	4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting	4pm WEA Walking Group [external staff		12:30pm Wellbeing Café (men's) 12:30- 2:00 Creative	Wellbeing Café (Women's) Victoria Church		
Let's Do Togethern ess at WSM	12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing Café		12:30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art	Let's DoWal king at Portishea d Youth Centre (External	4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting	4pm WEA Walking Group [external staff		12:30pm Wellbeing Café (men's) 12:30- 2:00 Creative	Wellbeing Café (Women's) Victoria Church		
Let's Do Togethern ess at WSM	12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing Café (mixed)		12:30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft	Let's DoWal king at Portishea d Youth Centre (External Staff)	4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House	4pm WEA Walking Group [external staff		12:30pm Wellbeing Café (men's) 12:30- 2:00 Creative Writing	Wellbeing Café (Women's) Victoria Church		
Let's Do Togethern ess at WSM	12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing Café (mixed)		12:30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft	Let's DoWal king at Portishea d Youth Centre (External Staff)	4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House	4pm WEA Walking Group [external staff		12:30- Wellbeing Café (men's) 12:30- 2:00 Creative Writing	Wellbeing Café (Women's) Victoria Church		
Let's Do Togethern ess at WSM	12.30pm Wellbeing café (mixed) 1.30pm 3.30pm Wellbeing Café (mixed) 3:00-4:00 Let's		12.30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45 Relaxation; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft 2 pm - 3 pm Music	Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge	4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group	4pm WEA Walking Group [external staff		12:30- 2:00 Creative Writing 1:30-3:30 Wellbeing	Wellbeing Café (Women's) Victoria Church		
Let's Do Togethern ess at WSM	12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing Café (mixed)		12:30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45 Relaxation ; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft	Let's DoWal king at Portishea d Youth Centre (External Staff)	4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group Friends	4pm WEA Walking Group [external staff		12:30- Wellbeing Café (men's) 12:30- 2:00 Creative Writing	Wellbeing Café (Women's) Victoria Church		2:00-4:00
Let's Do Togethern ess at WSM	12.30pm Wellbeing café (mixed) 1.30pm 3.30pm Wellbeing Café (mixed) 3:00-4:00 Let's DoBadm		12.30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45 Relaxation; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft 2 pm - 3 pm Music	Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness	4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group	4pm WEA Walking Group [external staff		12:30- 2:00 Creative Writing 1:30-3:30 Wellbeing Café	Wellbeing Café (Women's) Victoria Church		2:00-4:00 Wellbeing
Let's Do Togethern ess at WSM	12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing Café (mixed) 3:00-4:00 Let's DoBadm inton		12.30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45 Relaxation; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft 2 pm - 3 pm Music	Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at	4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group- Friends Meeting	4pm WEA Walking Group [external staff		12:30- 2:00 Creative Writing 1:30-3:30 Wellbeing Café	Wellbeing Café (Women's) Victoria Church		
Let's Do Togethern ess at WSM	12.30pm Wellbeing café (mixed) 1.30pm- 3.30pm Wellbeing Café (mixed) 3:00-4:00 Let's DoBadm inton (Strode		12.30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45 Relaxation; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft 2 pm - 3 pm Music	Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea	4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group- Friends Meeting	4pm WEA Walking Group [external staff		12:30- 2:00 Creative Writing 1:30-3:30 Wellbeing Café	Wellbeing Café (Women's) Victoria Church		Wellbeing
Let's Do Togethern ess at WSM	12.30pm Wellbeing café (mixed) 1.30pm 3.30pm Wellbeing Café (mixed) 3:00-4:00 Let's DoBadm inton (Strode Leisure Centre, External		12.30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45 Relaxation; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft 2 pm - 3 pm Music	Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External	4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group- Friends Meeting	4pm WEA Walking Group [external staff		12:30- 2:00 Creative Writing 1:30-3:30 Wellbeing Café	Wellbeing Café (Women's) Victoria Church		Wellbeing Café - 65 High Street,
Let's Do Togethern ess at WSM	12.30pm Wellbeing café (mixed) 1.30pm 3.30pm Wellbeing Café (mixed) 3:00-4:00 Let's Do.non (Strode Leisure Centre,		12.30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45 Relaxation; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft 2 pm - 3 pm Music	Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre	4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group Friends Meeting House	4pm WEA Walking Group [external staff		12:30- 2:00 Creative Writing 1:30-3:30 Wellbeing Café	Wellbeing Café (Women's) Victoria Church		Wellbeing Café - 65 High
Let's Do Togethern ess at WSM	12.30pm Wellbeing café (mixed) 1.30pm 3.30pm Wellbeing Café (mixed) 3:00-4:00 Let's DoBadm inton (Strode Leisure Centre, External		12.30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45 Relaxation; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft 2 pm - 3 pm Music	Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External	4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group Friends Meeting House	4pm WEA Walking Group [external staff		12:30- 2:00 Creative Writing 1:30-3:30 Wellbeing Café	Wellbeing Café (Women's) Victoria Church		Wellbeing Café - 65 High Street,
Let's Do Togethern ess at WSM	12.30pm Wellbeing café (mixed) 1.30pm 3.30pm Wellbeing Café (mixed) 3:00-4:00 Let's DoBadm inton (Strode Leisure Centre, External		12.30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45 Relaxation; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft 2 pm - 3 pm Music	Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External	4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group- Friends Meeting House	4pm WEA Walking Group [external staff		12:30- 2:00 Creative Writing 1:30-3:30 Wellbeing Café	Wellbeing Café (Women's) Victoria Church		Wellbeing Café - 65 High Street,
Let's Do Togethern ess at WSM	12.30pm Wellbeing café (mixed) 1.30pm 3.30pm Wellbeing Café (mixed) 3:00-4:00 Let's DoBadm inton (Strode Leisure Centre, External		12.30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45 Relaxation; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft 2 pm - 3 pm Music	Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External	4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group Friends Meeting House	4pm WEA Walking Group [external staff		12:30- 2:00 Creative Writing 1:30-3:30 Wellbeing Café	Wellbeing Café (Women's) Victoria Church		Wellbeing Café - 65 High Street,
Let's Do Togethern ess at WSM	12.30pm Wellbeing café (mixed) 1.30pm 3.30pm Wellbeing Café (mixed) 3:00-4:00 Let's DoBadm inton (Strode Leisure Centre, External		12.30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45 Relaxation; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft 2 pm - 3 pm Music	Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External	4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group- Friends Meeting House	4pm WEA Walking Group [external staff		12:30- 2:00 Creative Writing 1:30-3:30 Wellbeing Café	Wellbeing Café (Women's) Victoria Church		Wellbeing Café - 65 High Street,
Let's Do Togethern ess at WSM	12.30pm Wellbeing café (mixed) 1.30pm 3.30pm Wellbeing Café (mixed) 3:00-4:00 Let's DoBadm inton (Strode Leisure Centre, External		12.30pm Wellbeing Café (women's) 11:30- 3:30 Come and Try: 11:45 Relaxation; 12:30- 1:30 Mindfulne ss; 1:30- 3:30 Art and Craft 2 pm - 3 pm Music	Let's DoWal king at Portishea d Youth Centre (External Staff) 1:00 Let's DoToge therness at Portishea d Youth Centre (External	4.30pm WEA Walking Group [external staff WEA] 1pm-3pm Wellbeing Café (mixed) - Friends Meeting House 1pm-3pm Art Group Friends Meeting House	4pm WEA Walking Group [external staff		12:30- 2:00 Creative Writing 1:30-3:30 Wellbeing Café	Wellbeing Café (Women's) Victoria Church		Wellbeing Café - 65 High Street,