

Mon 1st July - Friday 27 th September 2019												
Mon 1st July		Tues 2nd		Wed 3rd		Thurs 4th		Fri 5th July				
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		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 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)				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 8th July		Tues 9th		Wed 10th		Thurs 11th		Fri 12th July				
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)	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 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 TBC - 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 15th July		Tues 16th			Wed 17th		Thurs 18th		Fri 19th July		
WSM	Clevedon	WSM	Clevedon	Portishead	WSM	Clevedon	WSM	Clevedon	WSM	Clevedon	Nailsea
????	????		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) - Victoria Church		
11:00 Let's Do... Togetherness 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.....Togetherness at Portishead Youth Centre (External Staff)	1pm-3pm Wellbeing Café (mixed) - Friends Meeting House			12:30-2:00 Creative Writing	?????		2:00-4:00pm Workshop TBC - Nailsea (KS)
			2 pm - 3 pm Music Group		1pm-3pm Art Group - Friends Meeting House			1:30-3:30 Wellbeing Café (mixed)			
					Workshop TBC 10:00-12:00 (GF)						

Mon 22nd July		Tues 23rd			Wed 24th		Thurs 25th		Fri 26th July		
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)	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 Mindfulness; 1:30-3:30 Art and Craft	1:00 Let's Do....Togetherness at Portishead Youth Centre (External Staff)	1pm-3pm Art Group Friends Meeting House	Workshop TBC - 10:00-12:00 (BMcC)		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 29th July		Tues 30th			Wed 31st July - venue to be confirmed		Thurs 1st Aug		Friday 2nd Aug		
WSM	Clevedon	WSM	Clevedon	Portishead	WSM	Clevedon	WSM	Clevedon	WSM	Clevedon	Nailsea
??? Lets Do...	????		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) - Victoria Church		
			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 Art Group 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)			

Mon 5th August		Tues 6th		Wed 7th		Thurs 8th		Fri 9th Aug			
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)	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 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		2:00-4:00 Workshop -TBC-venue to be confirmed - 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 12th Aug		Tues 13th		Wed 14th		Thurs 15th		Fri 16th Aug			
WSM	Clevedon	WSM	Clevedon	Portishead	WSM	Clevedon	WSM	Clevedon	WSM	Clevedon	Nailsea
	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) - Victoria Church		
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			12:30-2:00 Creative Writing	????		2:00-4:00 Workshop TBC - 65 High St, Nailsea - KS
	3:00-4:00 Let's Do...Badminton (Strode Leisure Centre, External Staff)		2 pm - 3 pm Music Group	2:00-4:00 Workshop TBC - venue to be confirmed - Portishead? BMCC	1pm-3pm Art Group Friends Meeting House			1:30-3:30 Wellbeing Café (mixed)			

Other

