

1 October to 31 December 2019							
Monday		Tuesday	Wednesday		Thursday		Friday
Clevedon	Nailsea	Clevedon	Weston	Clevedon	Weston	Clevedon	Weston
		11am-12.30pm Wellbeing Café (women's)	9.30am-4.30pm Osprey Walking Group [external staff Osprey]			11am-12.30pm Men's Wellbeing café	
1.30pm-3.30pm Problem Solving and Wellbeing cafe	2:00-4:00 Wellbeing Café - 65 High Street, Nailsea (ring for details)	12:30-1:30 Mindfulness; 12:30-2:00 Art and Craft	1pm-3pm Wellbeing Café (mixed) - Friends Meeting House	10am-4pm Osprey Walking Group [external staff Osprey]	"Beyond the Page" Creative Writing (6 week course) - 2:00-3:00pm at YMCA, WSM - ring for further details	12:30-2:00 Creative Writing	1:00-3:00 Wellbeing Café (Women's) Victoria Church
3:00-4:00 Let's Do...Badmint on (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)	

Wellbeing college sessions to be arranged and details advertised separately.

Please note, the Service will be operating a revised timetable over Christmas/New Year so please see specific timetable.