

Monday	10am – 4pm 12.30pm – 3.30pm 12.30 - 3.30 1pm – 3pm 12.30pm – 3pm 1pm – 3pm 1pm-3pm	Complementary Therapy Appointments (Male Therapist Lorenzo) Ask at reception for therapist contact details. Self Help Services – E-Therapy (Computerised CBT) – please ask at Reception for a referral form or call 07508410772 for more information Theatre of the senses - Drama Class with Sid Tree Things - Woodwork session With Patrick Seed studios - Sound Explorers Art& Minds – Knitting Group in the cafe Never ‘Felt’ better; Felting workshop with Andy
Tuesday	9am – 1pm 10am – 12.30pm 10am – 12pm 1pm-3pm 1pm -3pm 11am - 1pm	Complementary Therapy Appointments (Female Therapist- Samina) Ask at reception for therapist contact details. Arts & Minds - Painting and drawing group Art& Minds – Morning Art Club with Diane Seed Studios - Drumming workshop Seymour Poets – Creative Writing Pop up Choir with Duncan
Wednesday	9am – 4pm 10am- 12pm 1pm – 3pm	Complementary Therapy Appointments (Female Therapist- Leila).Ask at reception for therapist contact details. BME Women’s group Art& Minds – Knitting Group
Thursday	9am – 12pm 10-00am – 1pm 10-00am – 12.30 10.15 - 11.30pm 11am-4pm 12pm-4pm 12.30 - 3.30pm 12.30pm – 2pm 1pm -2.30 1pm - 3pm 1pm - 3pm	Complementary Therapy Appointments (Female Therapist -Claire). Ask at reception for therapist contact details. Counselling available by appointment (Ask at Reception) Painting and Drawing Group Trafford BME Womens Group Session (also one to one’s can be booked Wednesday to Friday) Chain-link - Bike Maintenance drop-in & rides with Neil Complementary Therapy Appointments (Male Therapist) Theatre of the senses - Drama Class with Sid Energy Therapy (EFT Appointments with Naheed) Trafford Hearing Voices Group Tree Things - Woodwork session with Patrick “Blue Food Buskers” Ukulele Workshop with Geoff

Friday		Complementary Therapy Appointments (Becci) For CAB appointments contact Rabana or ask at reception.
---------------	--	--