

Self-Management Course	Times	Start Date	End	Duration
Anxiety Management	10:00 - 12:00	Monday 5 th Nov 2018	Monday 17 th Dec 2018	8 Weeks
Understanding Anger	1:00 – 3:00	Monday 5 th Nov 2018	Monday 17 th Nov2018	8 Weeks
Rolling Recovery	10:00 - 12:00	Ongoing Every Tuesday		
Depression Management	1:00 – 3:00	Wednesday 7 th Nov 2018	Wednesday 19 th Dec 2018	8 Weeks
My Generation	11:00 – 1:00	Thursday 8th Nov 2018	Thursday 20th Dec 2018	8 Weeks
Confidence Building	10:00 - 12:00	Friday 9 th Nov 2018	Friday 20 th Dec 2018	8 Weeks
Self-Management Courses and groups are free there is a charge of 50p per cup of tea / coffee for groups and £3.50 for craft.				
Activity Group	Times	Day / Date		
Relaxation	1:00 - 2:00	Every Tuesday		
Art New	1:00 - 3:00	Every Tuesday		
Creative Writing	1:00 - 3:00	Every Tuesday		
Run and Talk	2:00 – 4:00	Every Wednesday, Meeting at Newport Mind		
Singing	10:00 - 12:00	Every Wednesday		
Photography	1:00 – 3:30	Every Thursday Starting 4 th October 2018		
Experiential Music	10:00 – 12:00	Every Tuesday		
Walking	1:00 - 4:00	Every Wednesday		
Music Appreciation	1:00 - 3:00	Every fortnight on Wednesday's		
Men's Group	1:00 - 3:00	Every fortnight on Wednesday's		
Men's Fitness	10:00 -12:00	Every fortnight on Thursday's		
Craft	10:00 - 1:00	Every Thursday		
Beginners Yoga	10:00 – 11:00	Every Thursday starting 1st November		
Mindful Knitting	10:00 - 12:00	Every Wednesday 31st October		
Allotment	12:00 - 2:00	Every Thursday Ladyhill Allotments Alway		
Positive Memories	1:30 – 3:30	Every Friday		
Women's Group	Monday 10:30-12:30 Wednesday 1:30-3:30 Structured, Friday Activity group 10:30 - 12:30			