

Self-Management Course	Times	Start Date	End	Duration
Anxiety Management	10:00 - 12:00	Monday 14th Jan 2019	Monday 4th March 2019	8 Weeks
Understanding Anger	10:00 -12:00	Monday 14th Jan 2019	Monday 4th March 2019	8 Weeks
Rolling Recovery	10:00 - 12:00	Ongoing Every Tuesday starting 15th Jan 2019		
Depression Management	1:00 – 3:00	Wednesday 16th Jan 2019	Wednesday 6th March 2019	8 Weeks
Confidence Building	10:00 - 12:00	Friday 18th Jan 2019	Friday 8th March 2019	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 starting 15th Jan 2019		
Art New	1:00 - 3:00	Every Tuesday starting 15th Jan 2019		
Creative Writing	1:00 - 3:00	Every Tuesday 15th Jan 2019		
Run and Talk	2:00 – 4:00	Every Wednesday, Meeting at Newport Mind starting 16th Jan 2019		
Singing	10:00 - 12:00	Every Wednesday starting 16th Jan 2019		
Photography	1:00 – 3:30	Every Thursday starting 17th Jan 2019		
Experiential Music	10:00 – 12:00	Every Tuesday 15th Jan 2019		
Walking	1:00 - 4:00	Every Wednesday 16th Jan 2019		
Music Appreciation	1:00 - 3:00	Every fortnight on Wednesday starting 9th Jan 2019		
Men’s Group	1:00 - 3:00	Every fortnight on Wednesday starting 16th Jan 2019		
Men’s Fitness	10:00 -12:00	Every fortnight on Thursdays starting 17th Jan 2019		
Craft	10:00 - 1:00	Every Thursday starting 17th Jan 2019		
Beginners Yoga	10:00 – 11:00	Every Thursday starting 17th Jan 2019		
Mindful Knitting	10:00 - 12:00	Every Wednesday 16th Jan 2019		
Allotment	12:00 - 2:00	Every Thursday Ladyhill Allotments Always starting 17th Jan 2019		
Positive Memories	1:30 – 3:30	Every Friday starting 18th Jan 2019		
Women’s Group	Monday 10:30-12:30 Wednesday 1:30-3:30 Structured, Friday Activity group 10:30 - 12:30 starting week commencing Monday January 14th 2019			