

MON

TUE

WED

THU

FRI

DROP IN
10AM - 4PM

DROP IN
10AM - 4PM

DROP IN
10AM - 4PM

DROP IN
10AM - 4PM

DROP IN
10AM - 4PM

MORNING

12:30-13:30

HOPE
PROJECT
ESOL CLASSES
(CLOSED SESSION)

BI WEEKLY FROM
23RD SEPT ONWARDS

11:00-13:00

UNRAVEL:
CROCHET &
KNITTING
GROUP



10:00 - 12:00

EMPLOYMENT
SUPPORT
shaw trust

11:00 - 13:00

WOMEN'S
TRAUMA
SUPPORT



STARTS 26TH SEPT FOR
6 WEEKS

10:30 - 12:30

WOMEN'S
CUPPA AND
CATCH UP



AFTERNOON

14:00 - 16:00

ADDICTION
SUPPORT &
ADVICE



1ST MON OF THE MONTH

14:00 - 16:00

EMPOWERING
CHANGE

HOUSING, BENEFITS, DOMESTIC
ABUSE, CRIMINAL JUSTICE,
HEALTH AND WELLBEING

CRANSTOUN
Empowering People, Empowering Change

BI WEEKLY

15:00 - 16:00

MEN ONLY
HEALTH
SESSIONS



DROP IN FOR MEN'S
MENTAL AND
PHYSICAL HEALTH
PEER SUPPORT

13:30 - 15:30

HUMAN
TRANSFORMATION
(Closed Session)

17:30 - 19:00

1ST THURS OF THE MONTH

**Men's Domestic
Abuse and Sexual
Trauma Sessions**



14:00 - 16:00

PREGNANCY
LOSS AND
SUPPORT
AFTER LOSS



1ST AND 3RD FRIDAY