

MON

TUE

WED

THU

FRI

DROP IN
10AM - 4PM

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10AM - 4PM

DROP IN
10AM - 4PM

DROP IN
10AM - 4PM

DROP IN
10AM - 4PM

MORNING

10:00 - 13:00

DROP IN
FROM
10:00 AM

11:00-13:00

UNRAVEL:
CROCHET &
KNITTING
GROUP



10:00 - 12:00

EMPLOYMENT
SUPPORT
shaw trust

11:00 - 13:00

WOMEN'S
TRAUMA
SUPPORT



EVERY 2 WEEKS
17TH OCT, 31 OCT & 14 NOV,
28 NOV & 12 DEC

10:30 - 12:30

WOMEN'S
CUPPA AND
CATCH UP



AFTERNOON

13:00 - 16:00

DROP IN
UNTIL
4:00PM

14:00 - 16:00

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



BI WEEKLY
29 OCT, 12 NOV, 26NOV
& 10 DEC

15:00 - 16:00

MEN ONLY
HEALTH
SESSIONS



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

17:30 - 19:00

MALE DOMESTIC
ABUSE AND
SEXUAL TRAUMA
SESSIONS



1ST THURS OF THE MONTH

14:00 - 16:00

PREGNANCY
LOSS AND
SUPPORT
AFTER LOSS



1ST AND 3RD FRIDAY