

Timetable of groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND	OTHER LINKED GROUPS
Dog Walkers group 1.30pm Hartlepool	Peer Group 'Welcome break' coffee morning 11.30 – 12.30pm at Creative Café Hartlepool	Peer Group Chat and relax Labyrinth Café 10am -11am Stockton	Long Term Health Conditions 12.30pm – 2pm Hartlepool	Badminton 9 – 10am Mill House Leisure Centre Hartlepool	Quiz Night at Hartlepool In door bowls Hartlepool 7.30pm to 10.30pm Once a month	Man Shed DIY sessions Osbourne Hall Osbourne Road Hartlepool
Make and Mingle Crafts and meet new people 11 – 12.30pm Hartlepool	Startrium Art Studio Enterprise House Stockton	Startrium Art Studio Stockton	Peer Group Craft group 2 -4pm Enterprise House Stockton	Crafty Natter Labyrinth Café 10 – 11am Stockton	Lunch Club Meets monthly Stockton Venue changes	Artrium Art Studio Open Monday to Friday 9.30am – 4.30pm 120a Park Road Hartlepool
Startrium Art Studio Enterprise House Stockton	Swimming 1.30pm Mill House Hartlepool Light bite 12.15pm meet at Mind	Managing emotions group 2.30pm -4pm Enterprise House Stockton Last Wednesday of the month	Walky Talkies Walking group at Saltburn Fortnightly	Head Space 3- 4pm Enterprise House Stockton		Silent Warriors Long Term Health conditions Norton
Sound Mind drop in music for wellbeing 4.30 – 6pm Hartlepool	Mindfulness Peer Group 4.30 – 6pm Hartlepool	Chat & Relax clients 11- 12.30pm Hartlepool	Lunch Club Meets monthly	Snooker at Sam's Snooker and Pool 2 -5pm Hartlepool		Games and Quiz at Creative Café Friday 12 – 2pm Gemini Centre Hartlepool
Indoor Bowls at Hartlepool 12 -2.30pm	Managing emotions group every second Tuesday 2.30 – 4pm Hartlepool		Once a month walking day out Hartlepool	Head Space Weekly Wellbeing conversation 1 -2pm Hartlepool		Woodwork Thursday 10-12pm Hardwick and Community Partnership Stockton

Support group for parents/carers of children with autism last Monday of the month 5 – 6pm	Support group parents/carers of children with autism Second Tuesday of the month 10 – 11am					Crafty Chatty Ladies Tuesday 10 – 12pm Church of Nazarene Hartlepool
Long Term Condition Group 1.30 – 3pm Enterprise House Stockton	Write Mind writing group 1– 2.30pm Hartlepool			Introduction to crafts Hartlepool 10 – 12.30pm		
Mind Body and Social exercise group 3.30pm – 4.30pm						