

01/07/2021 - 31/09/2021

BEECHCROFT TIMETABLE

Mental Health & Wellbeing Hub



Beechcroft Recovery Hub

Online Zoom support sessions, please contact a staff member to access.



ONLINE

Day	Time	Contact	
<i>Managing Stress & Wellbeing</i>	<i>Mondays</i>	<i>10-12pm</i>	<i>Davina 07592 040343</i>
<i>Managing Anxiety & Depression</i>	<i>Tuesdays</i>	<i>12-2pm</i>	<i>Paul 07734 959923</i>
<i>Five Ways to Wellbeing</i>	<i>Wednesdays</i>	<i>10-11:30am</i>	<i>Harnam 07734 959935</i>
<i>Women's Group Online (First Wednesday of the month - Begins in August)</i>	<i>Wednesdays</i>	<i>11-11:45pm</i>	<i>Lynne 07734 959980</i>
<i>Art & Craft Meetup (Last Wednesday of the month)</i>	<i>Wednesdays</i>	<i>2-3pm</i>	<i>Lynne 07734 959980</i>
<i>Self esteem & Confidence</i>	<i>Thursdays</i>	<i>10:30-12:30pm</i>	<i>Kiran 07801 130697</i>
<i>Wellbeing Social Drop-ins</i>	<i>Saturdays &</i>	<i>11-1pm</i>	<i>Paul 07734 959923</i>
<i><u>including Covid 19 Vaccine information</u></i>	<i>Sundays</i>		<i>Davina 07592 040343</i>
<i><u>and a Q&A session</u></i>			

IN PERSON WORKSHOPS

Dates	Time	Contact	
<i>Anxiety Management Workshop</i>	<i>14th July</i>	<i>10-11:30am</i>	<i>Kiran 07801 130697</i>
	<i>25th August</i>		
<i>Mindfulness Workshop</i>	<i>28th July</i>	<i>10-11:30am</i>	<i>Kiran 07801 130697</i>
	<i>8th September</i>		
<i>Sleep Hygiene Workshop</i>	<i>11th August</i>	<i>10-11:30am</i>	<i>Kiran 07801 130697</i>
	<i>22nd September</i>		
<i>Body Image Workshop</i>	<i>26th July</i>	<i>12:30-3pm</i>	<i>Paul 07734 959923</i>

A modern Computer/Smartphone/Tablet is required to access online sessions.

We are happy to offer support to get you up and running if required.

