Hart and Rushmoor Wellbeing Centre, Farnborough - May 2024 Timetable
1 Clockhouse Road, Farnborough Hants, GU14 7QY

At the Hart and Rushmoor Wellbeing Centre, we provide recovery focused support for those who are struggling to maintain their mental health as well as their carers. You can be referred by your GP, other mental health organisation or you can self refer. You must live in the Hart and Rushmoor area to attend the service.
If you would like more information or to register, please call us on 01252 317481 or email well-beinghartandrushmoor@andovermind.org.uk

Monday	Tuesday	Wednesday	Thursday	Friday
		01/05/24	02/05/24	03/05/24
06/05/24	07/05/24	08/05/24	09/05/24	10/05/24
Bank Holiday Wellbeing Centre closed	1.30pm - 2.30pm Meditation Session (face to face and online see attached for the virtual link) https://us02web.zoom.us/j/81450945494?pwd=TVpYYTBPNmJpZ01oUnZyTDh2d0szUT09		2.30pm - 3.30pm Tai Chi (face to face and online see attached for the virtual link) https://us02web.zoom.us/j/85788435787	1:30 - 2:30pm Creative Writing (face to face and online see attached for the virtual link) https://us02web.zoom.us/j/83453717813
13/05/24	14/05/2024	15/05/24	16/05/2024	17/05/24
	1.30pm - 2.30pm Meditation Session (face to face and online see attached for the virtual link) https://us02web.zoom.us/j/81450945494?pwd=TVpYYTBPNmJpZ01oUnZyTDh2d0szUT09			
20/05/24	21/05/24	22/05/24	23/05/24	24/05/24
	1.30pm - 2.30pm Meditation Session (face to face and online see attached for the virtual link) https://us02web.zoom.us/j/81450945494?pwd=TVpYYTBPNmJpZ01oUnZyTDh2d0szUT09		1.15pm - 2.15 pm Hybrid Quiz ((face to face and online see attached for the virtual link) https://us02web.zoom.us/j/89558717644?pwd=Qk9TUi91WllRY2hOUEc0UXFIZEJTUT09	
27/05/24	28/05/24	29/05/24	30/05/24	31/05/24
	1.30pm - 2.30pm Meditation Session (face to face and online see attached for the virtual link) CANCELLED https://us02web.zoom.us/j/81450945494?pwd=TVpYYTBPNmJpZ01oUnZyTDh2d0szUT09			