



The Hamara centre is open Monday- Thursday 10-3.30 Fridays 10-2pm Saturday 10-1pm  
 Drop in - Information Advice & Guidance on a wide of issues such as welfare benefits, housing & Money Matters etc  
 Employment support- Volunteering opportunities - Open to All

MAY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
	Faith & Culture in Mental Health 10.30-11.30	Coffee Morning 10.30-11.30 Ladies only Relaxation- 11.30-12 Lifestyle & Mental Health 2-3pm	Understanding depression 10.30-11.30 Really, How are you? Your say 2-3pm	Mental Health & Wellbeing – Drop In 2-4pm
8	9	10	11	12
<b>BANK HOLIDAY</b>	Faith & Culture in Mental Health 10.30-11.30	Coffee Morning 10.30-11.30 Ladies only Relaxation- 11.30-12 Lifestyle & Mental Health 2-3pm	Understanding depression 10.30-11.30 Really,How are you? Your Say 2-3pm	Mental Health & Wellbeing – Drop In 2-4pm
15	16	17	18	19
Tots & Chai Playgroup 11-13.30 Understanding Stress & Anxiety 2-3pm	Faith & Culture in Mental Health 10.30-11.30	Coffee Morning 10.30-11.30 Ladies only Relaxation- 11.30-12 Lifestyle & Mental Health 2-3pm	Understanding depression 10.30-11.30 Really, How are you? Your say 2-3pm	Mental Health & Wellbeing – Drop In 2-4pm
22	23	24	25	26
Tots & Chai Playgroup 11-13.30 Understanding Stress & Anxiety 2-3pm Understanding Stress & Anxiety 2-3pm	Faith & Culture in Mental Health 10.30-11.30	Coffee Morning 10.30-11.30 Ladies only Relaxation- 11.30-12 Lifestyle & Mental Health 2-3pm	Understanding depression 10.30-11.30 Really, How are you? Your say 2-3pm	Mental Health & Wellbeing – Drop In 2-4pm
29	30	31		
<b>BANK HOLIDAY</b>	Faith & Culture in Mental Health 10.30-11.30	Coffee Morning 10.30-11.30 Ladies only Relaxation- 11.30-12 Lifestyle & Mental Health 2-3pm		
<b>WEEKLY</b>		Pilates 5-6pm (women only)	Yoga 5-6pm (women only)	