SEPTEMBER 2024

MONDAY 16TH	TUESDAY 17TH	WEDNESDAY 18TH	THURSDAY 19TH	FRIDAY 20TH
10:30am - 11:30am OR 12pm - 1pm Introduction to	10:30am - 12:30pm Exploring Body Image	10:30am - 12:30pm Mindful Journaling (1 of 2)	10:30am - 12:30pm Healing with Nature (1 of 4)	10:30am - 1:00pm Foundations of Recovery (1 of 7)
Introduction to Foundations of Recovery 2pm - 4pm Understanding and Managing Stress and Anxiety (1 of 2) 2pm - 4pm Social Drop in and Book Club for Students Easthampstead Works 2pm - 3pm Movement for Wellbeing (1 of 11) (South Hill Park)	10am or 11am or 12pm One to One Sessions For Better Money Management 2pm - 4pm Mindful Card Making & Paper Crafting (1 of 6)	10am - 2pm Gardening at Jealotts Hill 1:30pm - 3:00pm Singing for Fun & Wellbeing (1 of 12) 2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (1 of 12) 3:30pm - 4:30pm Taster Singing for Fun & Wellbeing	1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (1 of 6)	2pm - 4pm Understanding and Managing Neurodiversity (1 of 2) 2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (1 of 12)

SEPTEMBER 2024

MONDAY 23RD	TUESDAY 24TH	WEDNESDAY 25TH	THURSDAY 26TH	FRIDAY 27TH
10:30am -1:00pm Foundations of Recovery (2 of 7)	10:30am -12:30pm Understanding and Managing Mental Health and Self Doubt	10:30am -12:30pm Mindful Journaling (2 of 2)	10:30am -12:30pm Developing Self Compassion	10:30am -1:00pm Foundations of Recovery (3 of 7)
2pm - 4pm Understanding and		10am - 2pm Gardening at Jealotts Hill	10:30am - 1pm Healing with Nature (2 of 4)	2pm - 4pm Understanding and
Managing Stress and Anxiety (2 of 2)	2pm - 4pm Mindful Card Making and Paper Crafting	1:30pm - 3:00pm Singing for Fun & Wellbeing	1:30pm - 3:00pm Creative with Art: Traditional drawing,	Managing Neurodiversity (2 of 2)
2pm - 4pm Social Drop in and Book	(2 of 6)	(2 of 12)	painting & printing techniques	
Club for Students Easthampstead Works		2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (2 of 12)	(2 of 6) 3:30pm – 4:30pm Photography, Collage	2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (2 of 12)
2pm - 3pm Movement for Wellbeing (2 of 11) (South Hill Park)		3:30pm - 4:30pm Taster Singing for Fun & Wellbeing	and Story Telling (2 of 6)	

SEPTEMBER / OCTOBER 2024

MONDAY 30TH	TUESDAY 1ST	WEDNESDAY 2ND	THURSDAY 3RD	FRIDAY 4TH
10:30am - 1:00pm Foundations of Recovery (4 of 7)	10:30am - 12:30pm Using ADHD as a Superpower	10:30am - 12:30pm More Mindful Communication	10:30am - 12:30pm Healing with Nature (3 of 4)	10:30am - 1:00pm Foundations of Recovery (5 of 7)
2pm - 4pm Understanding and Managing Adverse	10am or 11am or 12pm One to One Sessions For Better Money Management	10am - 2pm Gardening at Jealotts Hill		2pm - 4pm
Childhood Experiences 2pm - 4pm Social Drop in and Book	2pm - 4 pm Mindful Card Making	1:30pm - 3:00pm Singing for Fun & Wellbeing (3 of 12)	1:30pm - 3:00pm Creative with Art: Traditional drawing,	Understanding and Managing PTSD
Club for Students Easthampstead	and Paper Crafting (3 of 6)	2pm - 3pm OR	painting & printing techniques (3 of 6)	
Works		3pm - 4pm Beginners Guitar Lessons (3 of 12)		2pm - 3pm OR 3pm - 4pm
2pm - 3pm Movement for Wellbeing (3 of 11) (South Hill Park)		3:30pm - 4:30pm Taster Singing for Fun & Wellbeing	3:30pm - 4:30pm Photography, Collage and Story Telling (3 of 6)	Beginners Guitar Lessons (3 of 12)

OCTOBER 2024

MONDAY 7TH	TUESDAY 8TH	WEDNESDAY 9TH	THURSDAY 10TH	FRIDAY 11TH
10:30am - 1:00pm Foundations of Recovery (6 of 7)	10:30am - 12.30pm Building Confidence and Managing Relationships (1 of 3)	10:30am - 12:30pm Moving Beyond Labels	10:30am - 12:30pm Healing with Nature (4 of 4)	10:30am - 1:00pm Foundations of Recovery (7 of 7)
2pm - 4pm Understanding and Managing Trauma (1 of 2) 2pm - 4pm	2pm - 4pm Mindful Card Making and Paper Crafting (4 of 6)	10am - 2pm Gardening at Jealotts Hill 1:30pm - 3:00pm Singing for Fun & Wellbeing (4 of 12)	1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (4 of 6)	2pm - 4pm Understanding and Managing Trauma (2 of 2)
Social Drop in and Book Club for Students Easthampstead Works 2pm - 3pm Movement for Wellbeing (4 of 11) (South Hill Park)		2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (4 of 12) 3:30pm - 4:30pm Taster Singing for Fun & Wellbeing	3:30pm - 4:30pm Photography, Collage and Story Telling (4 of 6)	2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (4 of 12)

OCTOBER 2024

MONDAY 14TH	TUESDAY 15TH	WEDNESDAY 16TH	THURSDAY 17TH	FRIDAY 18TH
10:30am - 12:30pm Understanding and Managing ADHD (1 of 2)	10:30am - 12.30pm Building Confidence and Managing Relationships (2 of 3)	10:30am - 12:30pm Wellbeing Recovery Action Plan (1 of 5)	10:30am - 12:30pm Slumber Science (1 of 2)	10:30am - 12:30pm Understanding and Managing Social Anxiety
2pm - 4pm Understanding and Managing Autism	2pm - 4pm Mindful Card Making	10am - 2pm Gardening at Jealotts Hill 1:30pm - 3:00pm	1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing	2pm - 4pm Understanding and Managing Panic
2pm - 4pm Social Drop in and Book	and Paper Crafting (5 of 6)	Singing for Fun & Wellbeing (5 of 12)	techniques (5 of 6)	
Club for Students Easthampstead Works		2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons	3:30pm - 4:30pm	2pm - 3pm OR 3pm - 4pm
2pm - 3pm Movement for Wellbeing		(5 of 12)	Photography, Collage and Story Telling (5 of 6)	Beginners Guitar Lessons (5 of 12)
(5 of 11) (South Hill Park)		3:30pm - 4:30pm Taster Singing for Fun & Wellbeing		

OCTOBER / NOVEMBER 2024

MONDAY 21ST	TUESDAY 22ND	WEDNESDAY 23RD	THURSDAY 24TH	FRIDAY 25TH
10:30am - 12:30pm Understanding and Managing ADHD (2 of 2)	10:30am - 12.30pm Building Confidence and Managing Relationships (3 of 3)	10:30am - 12:30pm Wellbeing Recovery Action Plan (2 of 5)	10:30am - 12:30pm Slumber Science (2 of 2)	10:30am - 1.00pm Understanding and Managing Chronic Pain
2pm - 4pm Understanding and Managing Anger		10am - 2pm Gardening at Jealotts Hill 1:30pm - 3:00pm Singing for Fun &	1:30pm -3:00pm Creative with Art: Traditional drawing,	2pm - 4pm Christmas Card Making
2pm - 4pm Social Drop in and Book Club for Students Easthampstead Works	2pm - 4 pm Mindful Card Making and Paper Crafting (6 of 6)	Wellbeing (6 of 12) 2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (6 of 12)	painting & printing techniques (6 of 6)	2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (6 of 12)
		3:30pm -4:30pm Taster Singing for Fun & Wellbeing	3:30pm -4:30pm Photography, Collage and Story Telling (6 of 6)	
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NOVEMBER 2024					
MONDAY 4TH	TUESDAY 5TH	WEDNESDAY 6TH	THURSDAY 7TH	FRIDAY 8TH	
10:30am - 1:00pm Foundations of Recovery (1 of 7)	10:30am - 12:30pm Understanding and Managing Personality Disorders (1of 2)	10:30am - 12:30pm Wellbeing Recovery Action Plan (3 of 5)	10:30am - 12:45pm Food and Mood (1 of 4)	10:30am - 1:00pm Foundations of Recovery (2 of 7)	
2pm - 4pm Understanding and Managing Emotional Boundaries (1 of 2) 2pm - 4pm Social Drop in and Book Club for Students Easthampstead Works 2pm - 3pm Movement for Wellbeing (6 of 11) (South Hill Park)	2pm - 4pm Mindful Card Making and Paper Crafting (1 of 6)	10am - 2pm Gardening at Jealotts Hill 1:30pm - 3:00pm Singing for Fun & Wellbeing (7 of 12) 2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (7 of 12) 3:30pm - 4:30pm Taster Singing for Fun & Wellbeing	1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (1 of 6) 3:30pm - 4:30pm Photography, Collage and Story Telling (1 of 6)	2pm -4pm Understanding and Managing Bereavement and Loss (1 of 2) 2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (7 of 12)	

NOVEMBER 2024

MONDAY 11TH	TUESDAY 12TH	WEDNESDAY 13TH	THURSDAY 14TH	FRIDAY 15TH
10:30am - 1:00pm Foundations of Recovery (3 of 7)	10:30am - 12:30pm Understanding and Managing Personality Disorders (2 of 2)	10:30am - 12:30pm Wellbeing Recovery Action Plan (4 of 5)	10:30am - 12:45pm Food and Mood (2 of 4)	10:30am - 1:00pm Foundations of Recovery (4 of 7)
2pm - 4pm Understanding and Managing Emotional Boundaries (2 of 2) 2pm - 4pm	10am or 11am or 12pm One to One Sessions For Better Money Management	10am - 2pm Gardening at Jealotts Hill 1:30pm - 3:00pm Singing for Fun & Wellbeing (8 of 12)	1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (2 of 6)	2pm - 4pm Understanding and Managing Bereavement and Loss (2 of 2)
Social Drop in and Book Club for Students Easthampstead Works 2pm - 3pm Movement for Wellbeing (7 of 11) (South Hill Park)	2pm - 4pm Mindful Card Making and Paper Crafting (2 of 6)	2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (8 of 12) 3:30pm - 4:30pm Taster Singing for Fun & Wellbeing	3:30pm - 4:30pm Photography, Collage and Story Telling (2 of 6)	2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (8 of 12)

NOVEMBER 2024

MONDAY 18TH	TUESDAY 19TH	WEDNESDAY 20TH	THURSDAY 21ST	FRIDAY 22ND
10:30am - 1:00pm Foundations of Recovery (5 of 7)	10:30am - 12.30pm The Road to Self Acceptance	10:30am - 12:30pm Wellbeing Recovery Action Plan (5 of 5)	10:30am - 12:45 pm Food and Mood (3 of 4)	10:30am - 1:00pm Foundations of Recovery (6 of 7)
2pm - 4pm Understanding and Managing Depression and Low Mood (1 of 2)	2pm- 4 pm Mindful Card Making and Paper Crafting (3 of 6)	10am - 2pm Gardening at Jealotts Hill 1:30pm - 3:00pm Singing for Fun &	1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (3 of 6)	
2pm - 4pm Social Drop in and Book Club for Students Easthampstead Works		Wellbeing (9 of 12) 2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (9 of 12)	and Story Telling	2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (3 of 12)
2pm - 3pm Movement for Wellbeing (8 of 11) (South Hill Park)		3:30pm - 4:30pm Taster Singing for Fun & Wellbeing	(3 of 6)	

NOVEMBER 2024

MONDAY 25TH	TUESDAY 26TH	WEDNESDAY 27TH	THURSDAY 28TH	FRIDAY 29TH
10:30am - 1:00pm Foundations of Recovery (7 of 7)	10:30am - 12:30pm Finding Joy in Being Alone	10:30am - 12.30pm Jigsaw of Self Discovery (1 of 2)	10:30am - 12:45pm Food and Mood (4 of 4)	10:30am - 12.30pm Being a Parent with Mental Health Challenges
2pm - 4pm Understanding and Managing Depression and Low Mood		10am - 2pm Gardening at Jealotts Hill	1:30pm - 3:00pm	2 pm - 4pm
(2 of 2) 2pm - 4pm	2pm - 4pm Mindful Card Making and Paper Crafting	1:30pm - 3:00pm Singing for Fun & Wellbeing (10 of 12)	Creative with Art: Traditional drawing, painting & printing techniques (4 of 6)	Exploring the Language of Emotions
Social Drop in and Book Club for Students Easthampstead Works	(4 of 6)	2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (10 of 12)	3:30pm - 4:30pm Photography, Collage	2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (10 of 12)
2pm - 3pm Movement for Wellbeing (9 of 11) (South Hill Park)		3:30pm - 4:30pm Taster Singing for Fun & Wellbeing	and Story Telling (4 of 6)	

DECEMBER 2024

MONDAY 2ND	TUESDAY 3RD	WEDNESDAY 4TH	THURSDAY 5TH	FRIDAY 6TH
10:30am - 12:30pm Using Vision Boards to Achieve Goals (1 of 3)	10:30am - 12.30pm The Power of Positivity	10:30am - 12.30pm Jigsaw of Self Discovery (2 of 2)	10:30am - 12.30pm Building Resilience	10:30am - 12:30pm Using Vision Boards to Achieve Goals (2 of 3)
2pm - 4pm Exploring Forgiveness	10am or 11am or 12pm One to One Sessions For Better Money Management	10am - 2pm Gardening at Jealotts Hill		
2pm - 4pm Social Drop in and Book		1:30pm - 3:00pm Singing for Fun & Wellbeing (11 of 12)	1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing	2 pm- 4pm Digital Detox for Better Mental Health
Club for Students Easthampstead Works 2pm - 3pm	2pm - 4pm Mindful Card Making and Paper Crafting (5 of 6)	2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (11 of 12)	techniques (5 of 6)	2pm - 3pm OR 3pm - 4pm Beginners Guitar Lesson
Movement for Wellbeing (10 of 11) (South Hill Park)		3:30pm - 4:30pm Taster Singing for Fun & Wellbeing	3:30pm - 4:30pm Photography, Collage and Story Telling (5 of 6)	(11 of 12)

DECEMBER 2024

MONDAY 9TH	TUESDAY 10TH	WEDNESDAY 11TH	THURSDAY 12TH	FRIDAY 13TH
10:30am - 12:30pm Using Vision Boards to Achieve Our Goals (3 of 3)	10:30am - 12:30pm Exploring Feelings of Abandonment	10:30am - 12:30pm Coping with the Festive Season	10:30am - 12:30pm Christmas Card Making	10:30am - 12:30pm Better ways to Manage Conflict
2pm - 4pm The Science of Happiness (1 of 2) 2pm - 4pm Social Drop in and Book Club for Students Easthampstead Works 2pm - 3pm Movement for Wellbeing (11 of 11) (South Hill Park)	2pm - 4pm Mindful Card Making and Paper Crafting (6 of 6)	10am - 2pm Gardening at Jealotts Hill 1:30pm - 3:00pm Singing for Fun & Wellbeing (12 of 12) 2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (12 of 12) 3:30pm - 4:30pm Taster Singing for Fun & Wellbeing	1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (6 of 6) 3:30pm - 4:30pm Photography, Collage and Story Telling (6 of 6)	2pm - 4pm The Science of Happiness (2 of 2) 2pm - 3pm OR 3pm - 4pm Beginners Guitar Lessons (12 of 12)