

Monday

COFFEE, QUIZ & BINGOWeekly, 10.45am - 12:15pm, HALE Office
01274 271088**MEN TOGETHER**Weekly, 1pm - 2:30pm, HALE Office
JAMES 07946 155347

Tuesday

**PAIN PEER SUPPORT GROUP -
UNDER 40s**1st Tuesday of the month, 1pm - 2:30pm, HALE Office
07724 868212 - email info@rethinkingpain.org

Wednesday

WELLBEING WEDNESDAYSWeekly, 10am - 12pm, HALE Office
JAMES 07946 155347

Thursday

COFFEE, QUIZ & BINGOWeekly, 10.45am - 12:15pm, HALE Office
01274 271088**MINDFUL LENS
PHOTOGRAPHY GROUP**Weekly, 1pm - 3pm, HALE Office
KHALIL 07946 154410

Friday

FRIDAY FRIENDS - MENWeekly, 10:30am - 12:30pm, HALE Office
KHALIL 07946 154410 or JAMES 07946 155347**★ FRIDAY FRIENDS - LADIES**Weekly, 1pm - 3pm, HALE Office
REBECCA 07840 099498