

Useful addresses: - Joseph Palmer Centre, 319 Walton Rd, Molesey, West Molesey KT8 2QG
Staines Community Centre, Thames St, Staines TW18 4EA

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	10:30-12:30 Café , Joseph Palmer Centre 11:00-13:00 Arts and Crafts , Joseph Palmer Centre			10:00-12:00 Cobham Community Garden	10:00-11:30 Men's Group , Joseph Palmer Centre 11:00-13:00 5-a-side football , Walton Xcel Leisure Centre
Afternoon		13:00-15:00 Peer Support Group , Staines Community Centre	13:00-15:00 Gardening Group , Joseph Palmer Centre 13.15-14:15 Yoga Walton Youth Centre (13 th February - TBC)	12:30-14:00 Crafts Group , St Mary's Church. (17 th Jan) 13:00-15:00 Social Workshop , St Peter's Church Staines 13:00-15:00 Healthy Eating Course St Peter's Church Staines (14 th Feb TBC)	12:45-14:30 Resilience Course , Weybridge Children's Centre (11 th Jan - 4 weeks) 14:00-15:00 Crafts Group , Charity Houses, Walton. 14:00-15:00 5-a-side Football , Leacroft Youth Centre
Evening	Spelthorne Family Carers The Well Kings Community Centre (referred members only) 19:00-21:00 (18 th February)	19:00-20:15 Yoga , King George's Hall, Esher 19:00-21:00 Anxiety Self Help Group , St John's Church, Walton.(22 nd Jan) 20:00-21:30 5-a-side Football , Walton Xcel Leisure Centre			17:00-18:00 Badminton , Spelthorne Leisure Centre

KEY

BLUE = Elmbridge

GREEN = Spelthorne