



April 2018 Monthly Schedule

Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th
			5pm – 6pm SMART Recovery (Teen Smart) No Football	10am – 12pm Drop In advice & support with Amanda from Aquarius
Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th
5pm – 6pm LGBTQIA group (referral only)	11am – 12.30pm Drop – in with Recharge team 1 – 3pm Peer Volunteer Training 5.30pm – 6.30pm No Boxing	1.30pm – 3pm Young Mums Drop In Group (Emotional Well-Being)	5pm – 6pm SMART Recovery (Teen Smart) No Football	10am – 12pm Drop In advice & support with Amanda from Aquarius
Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th
5pm – 6pm LGBTQIA group (referral only)	11am – 12.30pm Drop – in with Recharge team 1 – 3pm Peer Volunteer Training 5.30 – 6.30 Boxing	1.30pm – 3pm Young Mums Drop In Group (Emotional Well-Being)	5pm – 6pm SMART Recovery (Teen Smart) 6pm – 8pm Football Brookside MUGA	10am – 12pm Drop In advice & support with Amanda from Aquarius
Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th
5pm -6pm LGBTQIA group (referral only)	11am – 12.30pm Drop – in with Recharge team 1pm – 3pm Peer Volunteer Training 5.30pm – 6.30pm Boxing	1.30pm – 3pm Young Mums Drop In Group (Emotional Well-Being)	5pm – 6pm SMART Recovery (Teen Smart) 6pm – 8pm Football Brookside MUGA	10am – 12pm Drop In advice & support with Amanda from Aquarius
Monday 30th				Key
5pm -6pm LGBTQIA group (referral only)				Open drop-in advice & support Peer Volunteer Training Pathway Emotional Well-being groups Sports activities Mutual Aid support Group

**** Unless Stated all groups are run at The Recharge Centre ****

Tel 01952 660000

