

## **FOCUS SESSIONS**

### **Monday**

Women's support group	10.15-12.30	Lodge speak to staff if you haven't been before
Men's support group	1.30- 3.00	Lodge speak to staff if you haven't been before
Life skills session	10.30-12.00	Lodge speak to staff if you haven't been before
Pool, Computers and new activities	10.30- 2.30	Royals
Pool, card making, lunch,	1.30- 4.00	Albermarle

### **Tuesday**

Art	12.00-2.00	Lodge
Cycling	12.30	Lodge meet Broadfield Farm Upminster
Music appreciation	2.30-3.30	Lodge

### **Wednesday**

Craft/Games morning	10.30-12.30	Lodge
Hearing voices group	1.30- 3.00	Lodge speak to staff if you haven't been before
Afternoon activity	12.30 -3.30	Lodge see overleaf for details
Badminton	4.00- 6.30	(meet Hornchurch sports centre) Cost £3

### **Thursday**

Life skills session	10.30-12.00	Lodge speak to staff if you haven't been before
Gardening and Environment project	10.30- 4.00	Lodge.

### **Friday**

Women's group	10.30-12.30	Lodge.
Choir	12.30-1.30	Lodge
Self discovery group	1.30- 3.30	Lodge