

## OPEN SESSIONS

### Monday

Royals 10.30- 2.30  
Albermarle 1.30- 4.00

### Tuesday

Harrow lodge 10.30- 4.00

### Wednesday

Harrow lodge 10.30- 1.00

### Thursday

Harrow lodge 1.00- 4.00

### Friday

Harrow Lodge 10.30- 1.00  
Albermarle 1.30-4.00

### SUNDAYS OPEN TIMES

12th July  
26th July  
9th August  
23rd August  
Dinner is available this  
day please phone to book  
by 11.15.  
01708 449901

### Sandwiches are served

Mon No food.  
Tues 12.00-1.00  
Wed 12.00-12.30  
Thursday 1.00-2.00  
Fri 12.00-1.00

Life skills  
Monday and Thursdays  
10.30-12.00  
Healthy eating,  
cooking,  
weight loss,  
exercise.  
Tailored to meet  
individual needs  
You need to book for  
this.

Client meeting every  
last Thursday of month  
1.30-2.30 At Lodge  
Next meeting 30th July

### Havering Town Show

Sunday 30th August  
And Monday 31st August  
We need brick-a-brac, books,  
DVD's, CD'S, etc.  
We need lots and lots of  
volunteers to help on both  
days please.

### NEW FOR FRIDAYS

Self discovery group  
At Lodge  
1.30-3.15

All welcome but you need to arrive on time.  
This group will incorporate art therapy, music  
therapy, colour therapy, guided imagery, relaxa-  
tion techniques, poetry, nature walks, story telling  
and much more.

Quality Management in Mind  
Information Technology  
9th July

11-1

And

Planning and Policy development  
August 13th

11-1

At lodge

If you are interested in coming to this meeting  
please see Vanessa  
All welcome