

January/February 2024



Activities and Events					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am-12noon Drop in for Breakfast & Chat <i>Registered Service Users</i>	8-12noon Positive Steps & Empowering Lives (Register Online)	10am-12noon Benefit & Housing Clinic  (Appointment only)	8-12noon Positive Steps & Empowering Lives (Register Online)	8am-12noon Drop in for Breakfast & Chat <i>Registered Service Users</i>	8am-11am Drop in for Breakfast & Chat <i>Registered Service Users</i>
9am-12noon Barber Visits (Call or check in house for dates)		Hairdresser Sarah (Call or check in house for dates)	10.30am-11.30 noon Recovery Matters with Bobby (Register Online)	GP Visit (call or check in house for dates)	
	11-12noon Meditation		11.30-12noon Meditation		
12-2pm CLOSED	12-2pm CLOSED	12-2pm CLOSED	12-2pm CLOSED	12-2pm CLOSED	CLOSED from 11am
Staff Lunch 12.30-1.30	Staff Lunch 12.30-1.30	Staff Lunch 12.30-1.30	Staff Lunch 12.30-1.30	Staff Lunch 12.30-1.30	
			2pm-3.45pm CookWise Cooking (Booking Required)		
2pm-6pm Drop in for Dinner & Chat <i>Registered Service Users</i>	2pm-3.30pm Art Class With Dave	2pm-3.45pm CookWise Cooking (Booking Required)	2pm-4pm Positive Steps & Empowering Lives (Register Online)	2pm-6pm Drop in for dinner & Chat <i>Registered Service Users</i>	
2pm-3.30pm Chit 'n' Chat Knit & Craft Meet Up			2-4pm Afternoon Tea & film	2pm-4pm Board Game/ Bingo Meet Up	
2.30-3.30pm Creative Writing with Jay		2.30-3.45pm Iyengar Yoga With Terence	2.30-3.30pm Sign Language (Check In House for dates does not run every week)		

All sessions are held at: Sutton Night Watch The Hub 35 Manor Road Wallington Surrey SM6 0BW 020 8669 9920  
 Unless otherwise listed, all sessions are on a drop-in basis. Please arrive on time for sessions.