

July/August 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 Jordan & Dean (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 and times)	10am-12noon Benefit & Housing Clinic Jordan & Dean (Appointment only)	10.30am-11.30 noon Recovery Matters (Register Online)	GP Visit 8.30-12noon (call or check in house for dates)	
	11-12noon Meditation	10am-12noon Benefit & Housing Clinic	10am-12noon Diamond Art	9.30am-11.00am Therapy Dog Visit With Willow & Poppy	
Cranstoun INSPIRE Emma 10-4pm	11-12noon Meditation	10am-12noon Benefit & Housing Clinic	10am-12noon Diamond Art	Cranstoun INSPIRE Emma 10-4pm	
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-6pm Drop in for Dinner & Chat <i>Registered Service Users</i>	2pm-3.30pm Art Class With Dave	1.30pm-3.30pm 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-4pm Therapy Dog Visit With Coco and Peanut	2pm-3.30pm Art Class With Dave	1.30pm-3.30pm CookWise Cooking (Booking Required)	2pm-4pm Board Game/ Bingo Meet Up	2pm-6pm Drop in for dinner & Chat <i>Registered Service Users</i>	
3pm-4.30pm Addiction Awareness Group With Cranstoun (Inspire)			2pm-4pm Therapy Dog Visit With Coco and Peanut	2pm-4pm Afternoon Tea & film	

All 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