

March/April 2025



| 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 1 to 1 sessions (Register Online) | 8am-12noon Empowering Lives 1 to 1 sessions (Register Online) | 8-12noon Positive Steps & Empowering Lives 1 to 1 sessions (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> |
| 10-4pm Cranstoun (INSPIRE) Emma | 9.00-11.45am SNOOKER | 9.00-12noon Benefit Clinic Appointment only Fortnightly | 10.30am-11.30 Recovery Matters (Register Online) | GP Visit 8.30-12noon (call or check in house for dates) | 8am-11am Drop in for Breakfast & Chat <i>Registered Service Users</i> |
| 9-3pm NHS DROP IN OUTREACH NURSE Fortnightly | 9.00-11.45am SNOOKER | Hairdresser Sarah (call or check in house for dates) | 9.00-11.45am SNOOKER | 9.30am-11.00am Therapy Dog Visit With Willow & Poppy Fortnightly | 8am-11am Drop in for Breakfast & Chat <i>Registered Service Users</i> |
| 9-11.30am Outside Table Tennis (weather dependent) | 9.00-11.45am SNOOKER | 10-12noon Chit n Chat Crafts | 11-12noon Meditation and Mindfulness | 10-4pm Cranstoun (INSPIRE) Emma | 9-11am DARTS |
| 12-1pm CLOSED | 12-1pm CLOSED | 12-1pm CLOSED | 12-1pm CLOSED | 12-1pm CLOSED | CLOSED from 11am |
| 1pm-4pm Drop in for Dinner & Chat <i>Registered Service Users</i> | 1pm-3.30pm Board Games Meet Up | 1pm-3.30pm CookWise Cooking (Booking Required) (call or check in house for dates) | 2pm-4pm Positive Steps 1 to 1 sessions (Register Online) | 1pm-4pm Drop in for dinner & Chat <i>Registered Service Users</i> | |
| 2.30pm-4pm Addiction Awareness Group With Cranstoun (Inspire) | 2pm-3.30pm Art Class With Dave | 1-3pm DARTS | 1.30pm-3.45pm Afternoon Film | 2.30pm-4pm Addiction Awareness Group With Cranstoun (Inspire) | |
| 2.30pm-4pm Addiction Awareness Group With Cranstoun (Inspire) | 2pm-3.30pm Art Class With Dave | 1-3pm DARTS | 1.30pm-3.45pm Afternoon Film | 2.30pm-4pm Addiction Awareness Group With Cranstoun (Inspire) | |

All held at : Sutton Night Watch The Hub 35 Manor Road Wallington Surrey SM6 0BW 020

Unless otherwise listed, all sessions are on a drop-in basis Please arrive on time for sessions Call: 020 8669 9920 for further information