Meeting Places

Oct - Dec 2026



Forthcoming Group Itinerary

Every Wednesday 11am - 12.30pm

(Please arrive no earlier than 10 minutes before the meeting start times)

14th Oct	**Colour Walk**
21st Oct	**Board Games**
28th Oct	**Mini Pumpkin Painting**
4th Nov	**“Remember, Remember” Resilience jar craft**
11th Nov	**Show and Tell**
18th Nov	**Compliment Envelopes**
25th Nov	**Decorating Wellbeing Boxes**
2nd Dec	**Filling Wellbeing Boxes**
9th Dec	**Positive Affirmation collage craft**

THE BRIDGE

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