

Meeting Places

Oct - Dec 2026



Forthcoming Group Itinerary

Every Wednesday 2.30pm - 4.30pm

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

7th Oct	Quiz
14th Oct	Guest speaker
21st Oct	Board games
28th Oct	Misc (pick from the hat)
4th Nov	Random
11th Nov	Show and Tell
18th Nov	Arts and Crafts
25th Nov	At My Best with a Twist
2nd Dec	Team building
9th Dec	Wellbeing discussion
16th Dec	Misc (pick from the hat)
23rd Dec	Christmas Party

HEMEL WELLBEING CENTRE

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