Meeting Places

November/December 2026



Forthcoming Group Itinerary

Every Tuesday 11am - 1pm

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

3rd Nov	**Games**
10th Nov	**Therapeutic Jenga**
17th Nov	**Self supporting**
24th Nov	**Neurodiversity led by Sally**
1st Dec	**Healing plants & herbal teas led by Wrights Remedies**
8th Dec	**Guess who chose the song?!**
15th Dec	**Visit by Herts Police/scam awareness**
22nd Dec	**Christmas Party**
29th Dec	**Self supporting**

WARE WELLBEING CENTRE

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