

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
2nd MAR		11-13.00 Feel good Burnham Group@ Burnham Library with Charlene EVERY WEEK SUFIA OFF	12.30 -15.30 Photography Workshop week 4@ Slough Meet up at Memorial Gardens at 12pm SUFIA OFF	13.00-14.30 Chess and Coffee Meet up with Rob @ the front room café Castle Street. SUFIA OFF	12.30-14.00 Mindfulness@ The fitness Centre, The Chiltern Centre High Wycombe with Katrina Workshop day 2	14.30-17.00 Saturday MIND THE GAP Games Group Costa Chesham
9th MAR	14.30-16.30 Mind the Gap Social Group@ Sainsbury's café High Wycombe PLEASE NOTE THIS IS EVERY WEEK ON MONDAYS PLEASE CONTACT PAULINE FOR MIND THE GAP ACTIVITIES ON 07788438134 pauline.hayden@bucksmind.org.uk	11-13.00 Feel good Burnham Group@ Burnham Library with Charlene EVERY WEEK	12.00-13.00 Yoga @Westley Methodist Church High Wycombe with sport in mind EVERY WEDNESDAY 10.30-12.30 Marlow Feel Good Group @Foxes Piece Biscuit Decorating with Helen	13.00 -14.00 Pilates @Trinity Utd Reformed Church High Wycombe 12.00-13.00 Football with Sport in mind@ Wycombe rye lido EVERY WEEK 12.00-15.00-Mind the Gap Social and activity group. Costa, Chesham EVERY WEEK ON THURSDAYS	13.00-14.00 Yoga Chesham Leisure center with Elayne 07880 975100	14.30-17.00 Saturday MIND THE GAP Games Group Costa Chesham 18.00-19.00 Mind the Gap Saturday Badminton Group: St Michael's Hall., Amersham Cost £3 per session EVERY SATURDAY
16th MAR	19.30-20.30 Aqua fit @booker park school, Aylesbury contact Abbi 01296 585585215 14.30-16.00 Art Group with Mhairi @Bucks Mind Offices	11.00-12.00 Mind the Gap , Bowling Group, Hollywood Bowl high Wycombe 10.30-12.00 Dog Walking @ The rye Park meet up at the Lido Car park. 12.00-14.00 How to draw a person Workshop session 1 with Helen @Bucks mind offices	11.30-13.00 Peer Volunteer Meet up @ Vanilla Pod Café 19.45- Drinks Night Out with Sarah @The Oars Man Pub Marlow	13.00 -14.00 Pilates @Trinity Utd Reformed Church High Wycombe 12.30-14.00 Mindfulness@ The fitness Centre, The Chiltern Centre High Wycombe with Katrina Workshop day 3	13.00-14.00 Yoga Chesham Leisure center with Elayne 07880 975100	14.30-17.00 Saturday MIND THE GAP Games Group Costa Chesham
23rd MAR	13.00-14.30 Q&A Coffee Meet up with Rob @ The front room	11-13.00 Feel good Burnham Group@ Burnham Library with Charlene EVERY WEEK 11. 30 Cinema @Cineworld H/W £ 5 per member.	12.00-13.00 Yoga @Westley Methodist Church High Wycombe with sport in mind EVERY WEDNESDAY 10.30-12.30 Marlow Feel Good Group @Foxes Piece Jewellery Making and coffee with Helen	12.00-14.00 How to draw a person Workshop session 2 with Helen @Bucks mind offices 16.30 Bowling @Hollywood Bowls High Wycombe with Mhairi £1.50 Per member	13.00-14.00 Yoga Chesham Leisure center with Elayne 07880 975100	14.30-17.00 Saturday MIND THE GAP Games Group Costa Chesham
30TH MAR	19.30-20.30 Aqua fit @booker park school, Aylesbury contact Abbi 01296 585585215	11.00-12.00 Mind the Gap , Bowling Group, Hollywood Bowl high Wycombe				

<u>OUR GROUPS</u>	<u>ADDRESSES FOR VENUES</u>
<p><u>Cinema Club and Bowling</u> Enjoy a film with some popcorn Bowling</p>	<p>Cineworld High Wycombe Eden shopping centre, Hollywood bowls 1st floor Cineworld.</p>
<p><u>Member meet ups</u> Enjoy a catch up, with tea coffee and biscuits, over a chat with members</p>	<p>High Wycombe –Vanilla Pod 17 White Hart Street, High Wycombe HP11 2HL The Front Room café – High Wycombe Castle Street Burnham Group- Arts and crafts at Burnham Library.</p>
<p><u>Walks</u> We walk around The Rye Park Some long, some short, may enjoy some shared lunch after <u>Reading Club</u> Sometimes its nice to have peaceful time with a good book and a cuppa, come along and share what you enjoy reading.</p>	<p>The Rye Park The Rye, off Bassetsbury Lane High Wycombe HP11 1QX. High Wycombe Library Eden</p>
<p><u>Creative Writing</u> Come and join us for some creative writing, maybe have a coffee and chat. <u>Arts and Crafts</u> We enjoy doing some arts and crafts with different materials over coffee</p>	<p>The Front Room café – High Wycombe Castle Street Buck Mind Offices – 260 Desborough Road , High Wycombe</p>
<p><u>Marlow Feel Good Group</u> A group for mums to come together who have had postnatal depression, to support each other in different activities</p>	<p>Foxes piece, Children's centre , Marlow. Newtown Road</p>