



Buckinghamshire

Buckinghamshire Mind Adult Wellbeing Sessions

Time	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Women's Wellbeing Session 10.30-13.30 (High Wycombe)	Lanterns 10.30-15.00 (Chalfont St Peter)	Milestones 10.30-13.30 (High Wycombe)	Wings 10.00 – 3.00pm	Apollo Art Session 10.00-12.30 (High Wycombe)
	Wings 10.00 – 3.00pm		Wings 10.00 – 3.00pm	Wings 11.00 Chair-based exercises	Mens Social Group 11.00-14.00 (Chesham)
	Wings 10.30 Sewing		Wings 11.00 Art and crafts		Wings 10.00 – 3.00pm
PM	Wings 12.30 Creative Writing		Wings 1.00 Healthy Cooking club	Wings 1.00 Bingo!	Wings 12.00 Friday's BIG Dinner!
	Wings 1.00 Knit & Knatter			Wings 1.30 Music therapy	Wings 12.30 Art with Tony
	Social Group 12.00-15.00 (Chesham)			Arts & Crafts 14.45-17.15 (Chesham)	Apollo Art Session 13.00-15.00 (High Wycombe)
Evening					
Venues	Granville St Church Granville St Aylesbury HP20 2JR	Sun House 32 Church Street Chesham Bucks HP5 1HU	Gold Hill Baptist Church Chalfont St. Peter Bucks SL9 9DG	260 Desborough Road High Wycombe Bucks HP11 2QR	