

Monday Morning	Tuesday Morning	Wednesday Morning	Thursday Morning	Friday Morning	Saturday Morning
Millom Safe Space 11-3pm Tin Chapel Millom	Peer Session 9:30-11:30 Activity R2 WBC	Women's Group 10:30-11:30 Activity R2 WBC	Ulverston Allotment 11-1pm	Peer Support 10-12pm Activity R2 WBC	
Eco Therapy with National Trust Monthly	Kitchen Garden Project 11-1pm Green Heart Den	Eco therapy with BOOM or Rusland Horizons Monthly	Crochet , 10-12 Activity R1 WBC Doodle Hours , 10-12 Activity R2 WBC	Ulveston Men's Group 11-1pm Upper Brook St Ulverston	
Monday Afternoon	Tuesday Afternoon	Wednesday Afternoon	Thursday Afternoon	Friday Afternoon	Saturday Afternoon
Bingo 1:30-3pm Activity R1 WBC	Men's Group 1:30-3pm Activity R2 WBC	Peer Support Group 1:15-2:30pm Forum	Recovery Star 1:30-3pm Activity R1 WBC	Games Group 1:30-3:30pm WBC Walney Allotment	Tea & Toast 11:30-4pm Activity R2 WBC
Let's have a conversation 2-3pm Activity R2 WBC	Barrow Adult Learning Courses As available		Ulverston Women's Group 1-2:30pm Upper Brook St Ulverston	Ulverston Peer Group 1-3pm Upper Brook St Ulverston	
Monday Evening	Tuesday Evening	Wednesday Evening	Thursday evening	Friday Evening	Saturday Evening
Peer Support Wellbeing Group 6-7:30pm WBC	Men's Group 6-7:30pm Activity R2 WBC	Training & Awareness Sessions	Volunteer Peer Support & Training 6-7:30pm WBC	Games & Peer Support Group 6-7:30pm Activity R2 WBC	Closed

Support appointments with staff are available

Mon to Fri 9:30am to 9:00pm Sat 11:30am to 4pm

Active Monitoring or Counselling by appointment in various locations

To use our services please call 01229 827094 to book an appointment so we can discuss the most suitable option.

Please leave a message if you ring out of hours or we miss your call so we can call you back; or Email: schoolstreet@mindinfurness.org.uk

Our timetable is reviewed regularly check with staff or follow our social media for updates of session themes and times. See **@mindinfurness** on Facebook, Instagram & 'X'

Activities are based in the William Bingley Centre 64 School St Barrow in Furness LA14 1EW, Upper Brook St Ulverston, Tin Chapel Millom or an outdoor location. Check with staff for details of locations and transport.

Men's Group: Peer Support group for men, facilitated by our volunteers and staff. Conversation, company, teas and coffees.

Women's Group: Peer Support group for women, facilitated by our volunteers and staff. Conversation, company, teas and coffees.

Recovery Star: Staff delivered information and mindfulness training. Learning to cope and develop a personalised recovery roadmap with peers.

Let's have conversation: Staff facilitated, peer support talk therapy group. Clients are guided through a series of conversations about subjects surrounding mental health.

Eco Therapy Activities including Conservations and Kitchen Garden

Projects: Staff facilitated gardening group where clients are supported whilst planting and tending fruit and vegetable plots at the "**Green Heart Den**" or our **Allotments in Ulverston & Walney**. Staff facilitated **outdoor conservation, mindfulness and therapeutic activities** with expert partners in countryside locations. Transport, instruction and equipment provided alongside wellbeing support from staff, volunteers and peers.

Forum Group: Staff facilitated, peer support talk therapy group in a safe confidential setting.

Peer led Support groups and activities: Various times days & evenings Peer Support Activity groups for all clients, facilitated by our volunteers. Conversation, company, teas and coffees. Peer led activity themes include; **Games, Crochet, Bingo, Doodle Hour, Creative Writing, Music, Self Help Information sessions**. Currently Mon evening; Tues morning; Thurs Morning; Friday Morning afternoon & evening and Saturday afternoon.

The Mind Garden: Next door to our wellbeing centre on School St. A space for reflection & relaxation open 9:30 to 4:30 Mon to Fri & 11-4 sat.

Millom Safe Space: Mondays 11-3 staff and volunteer facilitated peer support and group activities. Links with local wellbeing partners

Therapeutic support: One to one appointments with staff to help you find appropriate support, information or advice through or services or partner organisations; **Active Monitoring** delivered in partnership with GP practices by trained staff to guide you on self-care; **A Quiet Mind Counselling team** in a quiet safe space with trained counsellors [affordable fees apply].