

Central Beds Timetable of Activities

Amphill CBTA418

Tuesday	Methodist Church	10.00 - 14.00
Peer Support Group 1		10.30 - 12.00
Peer Support Group 2		12.30 - 14.00
Recovery College Silk Painting		14.30 - 15.30

Thursday	Methodist Church	10.30 - 14.30
Walking Group (Meet at Methodist Church)		10.30 - 12.00
Mind Matters		12.00 - 14.30

Biggleswade

Monday	St. Andrew's Church	12.30 - 14.30
Recovery College Silk Painting		12.30 - 14.30

Wednesday	St. Andrew's Church	11.00 - 15.00
Walking Group		11.00 - 12.00
Drop In		12.00 - 15.00
Mind Matters		13.00 - 15.00

Friday	St. Andrew's Church	10.00 - 14.00
Peer Support Group 1		10.30 - 12.00
Peer Support Group 2		12.30 - 14.00

Central Beds Timetable of Activities

Dunstable

Monday	Beacon House	10.30 - 14.30
Mind Matters		10.30 - 12.30
Drop In (inc. activities)		10.30 - 14.30

Wednesday	Beacon House	10.30 - 12.30
Recovery College Craft Course		10.30 - 12.30

Thursday	Beacon House	10.00 - 14.00
Peer Support Group 1		10.30 - 12.00
Peer Support Group 2		12.30 - 14.00

Leighton Buzzard

Leighton Buzzard Library, 2nd Floor Library Building, Lake Street, LU7 1RX

Monday	Leighton Buzzard Library	10.00 - 14.00
Peer Support Group 1		10.30 - 12.00
Peer Support Group 2		12.30 - 14.00

Tuesday	Leighton Buzzard Library	10.15 - 16.00
Recovery College Art Course		10.15 - 12.15
Drop In		12.00 - 16.00
Mind Matters		13.00 - 14.00



Central Beds:
Peer Support Co-ordinator - Sue O'Callaghan
T: 07387 026026
Recovery Co-ordinator - Levi Habashanti
T: 07341 564305
W: mind-blmk.org.uk/central-bedfordshire
Registered Charity No 1068724
Registered Company No 3511342



Central Beds:
Peer Support Co-ordinator - Sue O'Callaghan
T: 07387 026026
Recovery Co-ordinator - Levi Habashanti
T: 07341 564305
W: mind-blmk.org.uk/central-bedfordshire
Registered Charity No 1068724
Registered Company No 3511342