

Luton Wellbeing Centre

Autumn/ Winter 25/26 Schedule

We offer supportive groups where you can talk to others, take part in activities such as art or games and get information on issues that may be affecting your wellbeing. All our drop-ins and most activities are free, with the exception of our art group which is £2.00 per session.

We also have special one-off activities from time to time.

To access our groups and drop ins, complete a referral on our website www.mind-blmk.org.uk via the 'Access Support' button, or get in touch for support at 0300 330 0648.



Monday

Drop In (AM) - **10.30am - 12:30pm**

Drop in (PM) - **12:30pm - 2.30pm**

Boccia - **12:00pm - 1:00pm**



Tuesday

Peer support group (face to face) - **10.30am - 12.00pm**

Drop-in group (online only) - **1.00pm - 2.30pm**

Peer support group (online only) - **6.00pm - 7.30pm**

Wednesday

Drop In (AM) - **10.30am - 12.00pm** / Walking Group - **10.30am - 12.00pm**

Mindfulness - **12.30pm - 1pm**

Drop In (PM) - **1.30pm - 3.30pm** / Peer Lead Art Group - **1.30pm - 3.30pm**

Thursday

Lighthouse 18-30's only (face to face) - **1.00pm - 2.30pm**

Friday

Men's Group - **10.30am - 12.00pm**

Jenny's Art Group (£2.00 per session) - **11.00am - 1.00pm***

Women's Group - **1:00pm - 2.30pm**

