Bedfordshire & Luton mental health and wellbeing services provided by ELFT NHS



mind BLMK

SUN Timetable

Monday (Except bank holidays)	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
10.00am – 12.30pm in *Bedford*	Staff Meetings	*Online Group* *Currently Paused*	*Online Group* *Currently Paused*	Staff Admin
2.00pm - 4.30pm *Online via Teams* Limited to 9 members		**2.00pm – 4.30pm** in *Luton*	***2.00pm - 4.30pm*** *in Biggleswade*	

Key	In Person	Online

Please note: There are no groups on Bank Holiday's