

## Hunts Mind Programme of Activities 4<sup>th</sup> January to 31<sup>st</sup> March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>10.00- 3.00pm</b> Information, referrals and assessments <i>The Limes, St Neots</i></p> <p><b>9.30 – 11.00pm</b> <b>Well-Life Sports Group</b> (Referrals through the Well-Life Project) <i>St Neots</i></p> <p><b>12.00pm – 2.00pm</b> <b>St Ives Drop-in</b> <i>Methodist Church Hall, The Waits St Ives</i></p> <p><b>3.00pm – 5.00pm</b> <b>2<sup>nd</sup> Monday of each month POP meeting</b> <i>The Limes, St Neots</i> 11<sup>th</sup> Jan 8<sup>th</sup> Feb &amp; 8<sup>th</sup> March</p> <p><b>3.00pm-5.00pm</b> <b>Evening assessment</b> <i>The Limes St Neots</i> The last Monday of each month</p>	<p><b>10.00am-12.00pm</b> <b>Environmental Allotment Group with Mary Evans &amp; The Well Life Project</b> <i>St Neots</i> 10:00am-12:00pm</p> <p><b>1.00pm – 2.30pm</b> <b>Information &amp; Advice Session</b> <i>Ramsey Community Information Centre</i> <i>Great Whyte, Ramsey</i> The last Tuesday of each month</p> <p>1.30-2.30 <b>Meditation</b> 12<sup>th</sup> Jan, 9<sup>th</sup> Feb, 9<sup>th</sup> March <i>The Limes St.Neots</i></p> <p><b>1:00pm-3:00pm</b> <b>SAD Group</b> 19<sup>th</sup> Jan, 16<sup>th</sup> Feb, 9<sup>th</sup> March <i>The Limes St.Neots</i></p> <p><b>3.00pm – 5.00pm</b> <b>Ramsey Drop-in</b> <i>Over the Rainbow</i> <i>Rainbow Centre</i> <i>Stocking Fen Road</i> <i>Ramsey</i></p>	<p><b>11.00am-1.30pm</b> <b>Rock Group / Community Learning Course</b> <i>The Medway Centre Huntingdon</i></p> <p><b>Evening Group</b> Held on the 4<sup>th</sup> Wednesday of each month. <i>Group meets at various locations within Huntingdonshire</i> Call Hunts Mind to obtain further details</p>	<p><b>10.30am-12.00 noon</b> <b>Women’s Group</b> <i>The Limes, St Neots</i></p> <p><b>12.30pm-3.00pm</b> <b>Computer and Media</b> <i>The Limes, St Neots</i></p> <p><b>2.00pm - 4.00pm</b> <b>Huntingdon Starlight Group</b> <i>Trinity Church, Huntingdon</i></p> <p><b>Anxiety Support Group</b> <i>To Be Re-launched</i> <i>In Ramsey</i> (Call office to register your interest) 01480 470480</p> <p><b>7.00pm– 8.30pm</b> <b>“Bridging the Gap” Personality Disorder Group</b> <i>The Limes, St Neots</i> Fortnightly January 7<sup>th</sup>, 21<sup>st</sup> Feb 4<sup>th</sup>, 18<sup>th</sup> March 4<sup>th</sup>, 18<sup>th</sup></p>	<p><b>10.30pm-12.30pm</b> <b>Well-Life Sports Group</b> (Referrals through the Well-Life Project) <i>St Neots</i></p> <p><b>12.00pm-1.00pm</b> <b>The Lunch Club (closed group, please contact a member of staff)</b> <i>The Limes, St Neots</i></p> <p><b>1.00pm-3.00pm</b> <b>St Neots Open Door Group</b> <i>The Limes, St Neots</i></p>

Hunts Mind

The Limes, 24 New Street, St Neots, Cambs, PE19 1AJ • 01480 470480  
www.huntsmind.org.uk • enquiries@huntsmind.org.uk