

Hunts Mind Programme of Activities 1st July to 30th September 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10.00- 3.00pm Information, referrals and assessments The Limes, St Neots</p> <p>9.30 – 11.00pm Well-Life Sports Group (Referrals through the Well-Life Project) St Neots</p> <p>12.00pm – 2.00pm St Ives Drop-in Methodist Church Hall, The Waits St Ives</p> <p>2.30pm - 4.30pm 2nd Monday of each month POP meeting The Limes, St Neots July 12th, Aug 9th, Sept 13th, Oct, 11th, Nov 8th</p> <p>5.00pm-7.00pm Evening assessment The Limes St Neots The last Monday of each month</p>	<p>10.00am-12.00pm Environmental Allotment Group with Mary Evans & The Well Life Project St Neots</p> <p>1.30pm – 2.30pm Information & Advice Session Ramsey Community Information Centre Great Whyte, Ramsey The last Tuesday of each month</p> <p>1:30pm-2:30pm Meditation The Limes monthly 14th Sept, 12th Oct, 9th Nov, 7th Dec</p> <p>1.00pm - 3.00pm Men's Group meets every second Tuesday of each month at various locations within Huntingdonshire Call Hunts Mind to obtain further details</p> <p>3.00pm – 5.00pm Ramsey Drop-in Over the Rainbow Rainbow Centre Stocking Fen Road Ramsey</p>	<p>11.00am-1.30pm Rock Group / Community Learning Course The Medway Centre Huntingdon</p> <p>7.00pm – 9.00pm Evening Group Held on the 4th Wednesday of each month. Group meets at various locations within Huntingdonshire Call Hunts Mind to obtain further details</p>	<p>10.30am-12.00 noon Women's Group The Limes, St Neots</p> <p>12.30pm-3.00pm Computer and Media The Limes, St Neots</p> <p>2.00pm - 4.00pm Huntingdon Starlight Group Trinity Church, Huntingdon</p> <p>Anxiety Support Group To Be Re-launched In Ramsey (Call office to register your interest) 01480 470480</p> <p>6:30pm – 8.30pm “Bridging the Gap” Personality Disorder Group The Limes, St Neots Fortnightly July 8th 22nd, Aug 5th 19th, Sept 2nd 16th</p>	<p>10.30pm-12.30pm Well-Life Sports Group (Referrals through the Well-Life Project) St Neots</p> <p>12.00pm-1.00pm The Lunch Club (closed group, please contact a member of staff for enquiries) The Limes, St Neots</p> <p>1.00pm-3.00pm St Neots Open Door Group The Limes, St Neots</p>