

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>The Limes, St Neots</b> 10.00 - 3.00pm Information, referrals and assessments</p> <p>10.30-12.00pm Sports Group Meet at the Limes</p> <p><b>Corn Exchange, St. Ives</b> 10.00am-11.00am Assessments Every Mon except Bank Holidays</p> <p>11.00am-12.00pm New Members group Every Mon except bank holidays</p> <p>12.00pm- 14.00pm Recovery Star Support &amp; 5 Steps to Wellbeing Group alternate Mondays</p> <p><b>Library, Huntingdon</b> 1.00pm-2.00pm New Members group Every Mon except bank holidays</p> <p>2.45pm- 4.45pm Recovery Star Peer Support Group 1<sup>st</sup> and 3<sup>rd</sup> Monday of the Month</p> <p>3.00pm-4.00pm Information, referrals and assessments</p> <p><b>Service User Working Group</b> 11.30 until 1.00pm 28<sup>th</sup> November, 19<sup>th</sup> December</p> <p>5.00pm-7.00pm Evening assessment <b>The Limes St Neots</b> The last Monday of each month</p>	<p>10.30am – 12.30pm “Bridging the Gap” Personality Disorder Group <b>Library, Huntingdon</b> Fortnightly November 15<sup>th</sup>, 29<sup>th</sup> and December 13<sup>th</sup></p> <p>1.00pm - 3.00pm Men’s Group 2<sup>nd</sup> Tuesday of the month at various locations within <b>Huntingdonshire</b> Call Hunts Mind to obtain further details</p>	<p>11.00am-1.30pm Rock Group / Community Learning Course <b>The Medway Centre Huntingdon</b> Term time only</p> <p>1:00pm - 3:00pm Recovery Star Support Group 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month November 9<sup>th</sup> and 23<sup>rd</sup> December 14<sup>th</sup> (no group on 28<sup>th</sup>) <b>The Limes, St Neots</b></p> <p>7.00pm – 9.00pm Evening Group Held on the last Wednesday of each month. Group meets at various locations within <b>Huntingdonshire</b> Call Hunts Mind to obtain further details</p>	<p>10.30am-12.30pm Women’s Group <b>The Limes, St Neots</b></p> <p>1.30pm-3.00pm Newsletter /Media Group <b>The Limes, St Neots</b></p> <p>6:30pm – 8.30pm “Bridging the Gap” Personality Disorder Group <b>The Limes, St Neots</b> Fortnightly November 3<sup>rd</sup> and 17<sup>th</sup></p>	<p>10.00am- 3.00pm Information, referrals and assessments <b>The Limes, St Neots</b></p> <p>10:30am-11.30pm New Members group Every Friday except bank holidays <b>The Ambiance River side Cafe, St Neots</b></p> <p>10:30am-11.30pm New Members group Every Friday except bank holidays <b>Ramsey Community Centre</b></p> <p>12:00am-13.00pm Assessments Every Friday except bank holidays <b>Ramsey Community Centre</b></p> <p>13.30pm- 15.00pm Recovery Star Support Group 2<sup>nd</sup> and 4<sup>th</sup> Friday of the Month <b>Ramsey Community Centre</b></p>

Hunts Mind

The Limes, 24 New Street, St Neots, Cambs, PE19 1AJ • 01480 470480 [www.huntsmind.org.uk](http://www.huntsmind.org.uk) • [enquiries@huntsmind.org.uk](mailto:enquiries@huntsmind.org.uk)

Hunts Mind has adopted Mind's values and principles and is committed to providing quality services that anticipate, meet and exceed the needs of service users, workers and other stakeholders.