

Day to day groups list

Monday, Wednesday and Friday – no ongoing groups

Tuesday

11.00am-12pm Crafty Chat, weekly

7.00-8.00pm Online women's peer support, weekly except for 1st Tuesday in the month

7.30-9.00pm In person women's peer support, 1st Tuesday of the month

7.00-8.00pm Online queer group, every 4th Tuesday

Thursday

10.30am-12.00pm In person craft group, alternate weeks

7.30-9pm Mixed in-person peer support, 2nd Thursday of the month (held at Park URC, Palmer Park Ave, RG6 1DN)

Saturday

3.00-5.00pm Informal drop in, 4th Saturday of the month