

# Meeting Places

Spring 2026



## Forthcoming Group Itinerary

**Every Wednesday 2.30pm - 4.30pm**

(Please arrive no earlier than 10 minutes before the meeting start times)

<b>22nd Apr</b>	<b>Guest Speaker</b>
<b>29th Apr</b>	<b>Show and Tell</b>
<b>6th May</b>	<b>Board Games</b>
<b>13th May</b>	<b>Quiz</b>
<b>20th May</b>	<b>Music Appreciation</b>
<b>27th May</b>	<b>Random (guess who baby)</b>
<b>3rd June</b>	<b>Art</b>
<b>10th June</b>	<b>Wellbeing Chat</b>
<b>17th June</b>	<b>Team Activity</b>
<b>24th June</b>	<b>At My Best - Remix</b>
<b>1st July</b>	<b>Random</b>
<b>8th July</b>	<b>Guest Speaker (ADHD) (TBC)</b>
<b>15th July</b>	<b>Review</b>

**HEMEL WELLBEING CENTRE**  
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