

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)

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

HEMEL WELLBEING CENTRE
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