

Meeting Places

July - September 2026



Forthcoming Group Itinerary

Every Thursday 11am - 1pm

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

16th July

23rd July

30th July

6th Aug

13th Aug

20th Aug

27th Aug

3rd Sept

Preparing a Compliments Envelope

Visit from new HMN Trustee

Green Fingers Allotment

Guest speaker – ADHD Workshop

Sound bath meditation/breathwork

Music with Daniel & Name That Tune

Police Visit Fraud & Cyber Awareness

Speed Friending

WALTHAM CROSS WELLBEING CENTRE

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