



LOTTERY FUNDED



Solent

Calendar 2017

Southampton

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
<p>Breakfast Group - Shirley - 1st and 3rd Monday of each month Woolston – 2nd and 4th Monday of each month.</p> <p>Art and Craft Group - Portswood - No need to be arty, pop in for a chat!</p>	<p>Health Walk (NHS) – The Common. Meet at the Hawthorn Centre.</p> <p>Swimming Group – Bitterne - A casual swim and a chat, all welcome.</p>	<p>Regular Walking Group – Southampton. A walk and a chat around Riverside Park/Woodmill or the Common, followed by a drink in the café.</p> <p>Health Walk (NHS) – The Common Meet at the Hawthorn Centre.</p>	<p>Singing group – Shirley. Monthly on the last Thursday of month. No experience or expertise needed – join us for a sing along of well known songs.</p> <p>Mental Health Peer Support Group – St Denys/Portswood. Drop in support group</p>	No current groups	No current groups

First of the month supper club: various locations and cooking styles	Tapas Barcelona, Kali Mirchi, Red Lion Southampton	Until April
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New Forest

Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
<p>Swimming Group – Dibden A casual swim and a chat, all welcome!</p>	<p>Swimming Group - Ringwood A casual swim and a chat, all welcome!</p>	No current groups	<p>Digital Photography Group – New Milton. Learn more about digital photography, share your own projects and chat with others</p>	<p>Wrap Revisited Group - Hythe. 1st Friday of each month.</p> <p>Social Group - Hythe. A mixture of social activities and trips, 3rd Friday of each month</p> <p>Weekend Wind Down – Totton Meet new people and chat.</p>	<p>Art & Creative Journaling Group - Hythe No experience needed, a chance to chat and take part in craft activities or help with developing your own journal</p>

All groups are run by and for people with a mental health issue living in the Southampton or New Forest area.

If you would like to come along, please telephone 02382 027831 or email SidebySide@solentmind.org.uk