

PSS Be Well Programme *April - June 2025*



Monday

10am - 3.00pm
Wellbeing Plans for New Referrals
Dutch Barn

12.30pm - 5.00pm
Wellbeing Plans for New Referrals
Umbrella

12.30pm - 4.30pm
Feel Good Gardening Group
Dutch Barn

1.45pm - 2.30pm, Fortnightly
Relaxation
Avenue

3.00pm - 4.00pm
Healthiness Ltd Exercise Class
Avenue

Tuesday

Time TBC
Garden of the Mind / WRAP
Dutch Barn

10.00am - 12noon
Picton and Kensington Outreach
Community Hub Sessions

10.00am - 12noon
Wellbeing Plans for New Referrals
Avenue

2.00pm - 4.00pm
Wellbeing Plans for New Referrals
Dutch Barn

Wednesday

10.00am - 12noon
Bee Inspired (beekeeping)
Dutch Barn

10.00am - 12noon
Wellbeing Plans for New Referrals
Dutch Barn

10.00am - 12noon
Overcoming Anxiety and Depression
Umbrella Centre

1.00pm - 2.00pm
Relaxation and Meditation
Dutch Barn

10am - 12noon
Journey Through Art
The Avenue

2.00pm - 4.00pm
WRAP
Avenue

2.00pm - 4.00pm
Journey Through Art
Umbrella Centre

9.00am - 5.00pm
Wellbeing Plans for New Referrals
Avenue

Thursday

10.00am - 12.00pm
Healthy Habits / Self Care for Women /
Overcoming Anxiety and Depression
Dutch Barn

10.00am - 12.00noon
Mindfulness
Umbrella

10.30am - 1.00pm
Wellbeing Plans for New Referrals
Umbrella Centre

1.15pm - 3.15pm
WRAP / Healthy Habits
Umbrella

2.30pm - 3.30pm
Sing! Sing! Sing! choir
Dutch Barn

8.30pm - 9.15pm
Online Evening Meditation
Zoom

Friday

10.30am - 12.00pm
Green Walks
The Community

10.00am - 12.00pm
Overcoming Anxiety and Depression
/ Journey Through Art
Dutch Barn

11.00am - 1.30am (TBC June)
Feel Good Gardening
Dutch Barn

2.00pm - 4.00pm
Overcoming Anxiety and Depression
Dutch Barn and Avenue

PSS Wellbeing Centres 'Keeping Well' Timetable *April - June 2025*

Monday

10.30am - 11.30am Fortnightly
Relaxation and Meditation
The Avenue and Umbrella Centre

11.00am - 12.30pm Fortnightly
Peer Support Social Group
Umbrella Centre

2.00am - 3.30pm Fortnightly
Peer Support Everyday Mindfulness
Umbrella Centre

3.00pm - 4.00pm
Healthiness Ltd Exercise Class
Avenue

Tuesday

10.30am - 11.30am Fortnightly
Relaxation
Dutch Barn

2.00am - 3.30pm Fortnightly
Peer Support 'Strumbrellas' Ukulele
Group
Umbrella Centre

Wednesday

10.00am - 12.30pm Fortnightly
Dutch Barn Development Group
Dutch Barn

10.30am - 12.00pm Fortnightly
Peer Support Men's Group
Umbrella Centre

12.30pm - 2.00pm
Shared Reading
Umbrella

12.30pm - 1.30pm Fortnightly
Relaxation and Meditation
Avenue

1.00pm - 2.00pm Fortnightly
Relaxation and Meditation
Umbrella Centre

Thursday

9.15am - 10.45am Fortnightly
Peer Support Everyday Mindfulness
The Avenue

11.00am - 12.30pm Fortnightly
Peer Support Reading Group
The Avenue

12.45pm - 2.15pm Fortnightly
Peer Support Men's Group
Dutch Barn

2.30pm - 3.30pm
Sing! Sing! Sing! choir
Dutch Barn

8.30pm - 9.15pm Weekly
Online Evening Meditation
Zoom

Friday

10.30am - 12.00pm
Green Walks
The Community

Bi-monthly
PSS Day Trips
The Community