

THE NEST WELLBEING GROUP

Monday 23rd Dec – Colour Splash open at hospital (referral required)

Tuesday 24th Dec – Cuppa & Blether - 10am until 3.30pm **MUMO** -
Recovery Skills check in 1pm - 1.30pm

Wed 25th Dec **CLOSED** (delivering dinners to folk in need)

Thursday 26th Dec **CLOSED**

Friday 27th Dec - Breakfast group - 10am - 12.30 **MUMO** - 12.30 –
1.30pm **Games afternoon** 1.30pm - 3.30pm

Monday 30th Dec – **OPEN AS USUAL**

Tuesday 31st Dec – **Community Living Room** with cuppa/games -
possibly boxing training - 10am until 3.30pm

Wednesday 1st Jan – **CLOSED** (dinner available to those in need)

Thursday 2nd Jan - **CLOSED**

Friday 3rd Jan - Breakfast group 10am until 12.30 , **MUMO** 12.30 -
1.30pm, games & cuppa 1.30pm - 3.30pm.

Monday 6th Jan – **OPEN AS USUAL**

