



STEPS Information and Wellbeing Groups 2017

Date	Subject	Discussion points	Time	Venue
26th January 2017	Wellbeing Group	Loneliness By Helen Brown Recovery College	11am- 1pm	Metropolitan Raleigh House 64-84 Alfreton Road NG7 3NN
29 th January 2017	Activity Group	Varied topics by group consensus	12:00pm — 13:00pm	Bakersfield community Centre
31 st January 2017	Activity Group	Healthy Mind, healthy body 5 week programme	11:00am — 12:30pm	Metropolitan Raleigh House 64-84 Alfreton Road NG7 3NN
12 th February 2017	Activity Group	Varied topics by group consensus	12:00pm — 13:00pm	Bakersfield community Centre
15 th February 2017	Activity Group	Healthy Mind, healthy body 5 week programme	11:00am — 12:30pm	Metropolitan Raleigh House 64-84 Alfreton Road NG7 3NN
24th February 2017	Cultural Awareness Day Event	Identifying the signs and symptoms	10:30am – 14:30pm	New Arts Exchange Hyson Green Gregory Boulevard, NG7 6BE
8th March 2017	International Women’s Day Event	Be bold for change” New & Nearly New Clothes Exchange	10:30am – 14:30pm	New Arts Exchange Hyson Green Gregory Boulevard, NG7 6BE
11th March 2017	Activity Group	Healthy Mind, healthy body 5 week programme	11:00am — 12:30pm	Metropolitan Raleigh House 64-84 Alfreton Road NG7 3NN
22 nd March 2017	Activity Group	Healthy Mind, healthy body 5 week programme	11:00am — 12:30pm	Metropolitan Raleigh House 64-84 Alfreton Road NG7 3NN
29 th March 2017	Activity Group	Healthy Mind, healthy body 5 week programme	11:00am — 12:30pm	Metropolitan Raleigh House 64-84 Alfreton Road NG7 3NN
Every Tuesday	Activity Group Refugee and Asylum seekers	Varied topics by group consensus	17:30am – 18:30pm	St Andrews Church Hall Chaucer Street NG1 5JT
Every Thursday	Mental Health and Wellbeing Drop In Sessions	1-2-1 sessions	10:00am – 13:00pm	St Ann’s Advice centre The Chase Neighbourhood Centre,
Every Monday	Mental Health and Wellbeing Drop In Sessions	1-2-1 sessions	10:00am – 13:00pm	Queens Walk Community Centre Queens Walk, Nottingham NG2