

Self-Management Course	Times	Start Date	End	Duration
Anxiety Management	10:00 - 12:00	Monday 25th March 2019	Monday 13th May 2019	8 Weeks
Understanding Anger	10:00 - 12:00	Monday 25th March 2019	Monday 13th May 2019	8 Weeks
Rolling Recovery	10:00 - 12:00	Ongoing Every Tuesday		
Depression Management	1:00 – 3:00	Wednesday 27th March 2019	Wednesday 15th May 2019	8 Weeks
My Generation	11:00 - 1:00	Thursday 28th March 2019	Thursday 16th May 2019	8 Weeks
Confidence Building	10:00 - 12:00	Friday 29th March 2019	Friday 17th May 2019	8 Weeks
Self-Management Courses and groups are free with a charge of 50p per cup of tea / coffee and a charge of £3.50 for craft per week				
Activity Group	Times	Day / Date		
Events	1:00 - 3:00	Every Monday to discuss attending events in and around Newport		
Allotment	10:00 - 12:00	Every Monday Ladyhill Allotments Alway		
Relaxation	1:00 - 2:00	Every Tuesday		
Art New	1:00 - 3:00	Every Tuesday		
Newport Mind Writers	1:00 - 3:00	Every Tuesday		
Experiential Music	10:00 – 12:00	Every Tuesday		
Singing	10:00 - 12:00	Every Wednesday		
Mindful Knitting	10:00 - 12:00	Every Wednesday		
Run and Talk	12:30 Start	Every Wednesday starting 10th April 2019		
Walking	1:00 - 4:00	Every Wednesday		
Music Appreciation	1:00 - 3:00	Every fortnight on Wednesday		
Men's Group	1:00 - 3:00	Every fortnight on Wednesday		
Men's Fitness	10:00 - 12:00	Every Thursday		
Craft	10:00 - 1:00	Every Thursday		
Beginners Yoga	10:00 – 11:00	Every Thursday		
Photography	1:30 - 3:30	Every Thursday		
Positive Memories	1:30 – 3:30	Every Friday		
Women's Group	Monday 10:30-12:30 Wednesday 1:30-3:30 Structured, Friday Activity group 10:30 - 12:30			