

Wellbeing Activity Timetable

Monday

10:30 Walking group, Tredegar Park.

13:30 Arts and Crafts in Art room

13:30 Take 5 wellbeing group

Tuesday

10:30 Light exercise

13:30 Relaxation and mindfulness

Wednesday

10:00 Mind choir meet (no singing)

13:30 Women's group

Thursday

13:30 Music appreciation alternating weekly with Men's group

Friday

13:30 Photography and Writing

Booking essential via 01633 258 741/enquiries@newportmind.org
COVID19 restrictions will apply and face masks will be required unless exempt.