

Recovery Timetable @ The Bridge



Any Group with a * will need to be booked in advance. All Bridge Zoom groups are on this Timetable and can be accessed via our website.

Any other groups that may exist are not ran by or affiliated with Bridge. For gym activities see gym timetable.

Monday	Tuesday	Wednesday	Thursday	Friday
9.30am – 4.00pm	9.30am – 4.00pm	12.00pm – 4.00pm	9.30am – 4.00pm	9.30am – 4.00pm
Gym 9:30am-3:30pm	Gym 9:30am-4:00pm (2:30pm-4pm Ladies only)	Gym 12:00pm-4:00pm	Gym 9:30am-4:00pm (2:30pm-4pm Ladies only)	Gym 9:30am – 3:30pm
Budgeting Support Drop-In 10:00am-12:00pm	Education, Training and Employment Drop In 9:45am-12:30pm	Women's Group 12:00pm-1:00pm	Hairdresser 16th April 10:00am-2:00pm	Housing Drop In 9:30am-12:30pm
Relapse Prevention Group 11:00am-12:00pm	WNC Wellbeing Service * 09:30am – 12:30pm Appointment Only	WNC Armed Forces Covenant Drop-in 1st April 12:00pm-1:30pm	Walking Wombles Group 11:00am-12:30pm	WNC Sexual Health Drop -In 10th April 11:00am-1:00pm
WNC Temporary Accommodation Team Drop In 1:00pm – 3:00 pm	Head & Shoulder Massages* 7th April 10:00 am – 2:30 pm	Facials* 15th, 22nd & 29th April 12:00pm-2:30pm	Men's Group 11:00am-12:00pm	Crochet Group 10:30am-12:00pm
Acupuncture* 1:50pm-3:00pm (No entry after 2pm)	Poetry Group 11:00am-12:00pm	Orbit Housing Drop In 15th & 29th April 12:30pm-2:00pm	WNC Smoking Cessation 16th April 12:00pm – 13:30pm	Small Goals Group 11:00am-12:00pm
Gardening workshop 6th & 20th April 2:00pm – 3:00pm	Rough Sleeper Support Drop In 11:00am – 1:00pm	Northamptonshire Partnership Homes Drop In 1st, 15th & 29th April 1:00pm – 3:00pm	Bingo 2:00pm	Changing Goals Football (Racecourse) 12:00pm-1:30pm
	Chess Club 2:00pm-3:30pm	Check in Group 2:00pm-3:00pm		Quiz In House and Online 12:45pm
	Herbalism with Angela 28th April 2:00pm – 3:00pm			Acupuncture* 1:50pm-3:00pm (No entry after 2pm)
				DWP Drop in 1:00pm – 3:30pm
				WNC Street Outreach Team 24th April 11:00am – 1:00pm
Quiet space 12:15 – 13:45 Available in the Sonia Anderson Room	Quiet space 12:15 – 13:45 Available in the Sonia Anderson Room	Quiet space 12:15 – 13:45 Available in the Sonia Anderson Room	Quiet space 12:15 – 13:45 Available in the Sonia Anderson Room	Quiet space 12:15 – 13:45 Available in the Sonia Anderson Room

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GREEN