

Recovery Timetable @ Gold Street



Any Group with a * will need to be booked in advance.

For gym activities see Gold Street 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 July 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 July 12:00pm-1:30pm	Walking Wombles Group 11:00am-12:30pm	WNC Sexual Health Drop -In 10th July 11:00am-1:00pm
WNC Temporary Accommodation Team Drop In 1:00pm – 3:00 pm	Head & Shoulder Massages* 7th July 10:00 am – 2:30 pm	Facials* 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 Available online via Bridge website	Orbit Housing Drop In 8th & 22nd July 12:30pm-2:00pm	Bingo 2:00pm	Small Goals Group 11:00am-12:00pm
Accommodation Concern drop in 11:00am-12:30pm 6th & 20th July	Rough Sleeper Support Drop In 11:00am – 1:00pm	Northamptonshire Partnership Homes Drop In 8th & 22nd July 1:00pm – 3:00pm		Changing Goals Football (Racecourse) 12:00pm-1:30pm
Board Games 2:00pm-3:30pm	Chess Club 2:00pm-3:30pm	Check in Group 2:00pm-3:00pm		Quiz 12:45pm
	WNC Smoking Cessation Weekly from 7th July 2:00pm – 3:30pm			Acupuncture* 1:50pm-3:00pm (No entry after 2pm)
				DWP Drop in 1:00pm – 3:30pm
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

