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 **19th November** **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 **4th November** **12:00pm-1:30pm**	Men's Group **11:00am-12:00pm**	Crochet Group **10:30am-12:00pm**
Accommodation Concern drop in **11:00am-12:30pm** **2nd, 16th and 30th November**	Poetry Group **11:00am-12:00pm** **Available online via Bridge website**	Facials* **4th, 11th, 18th and 25th November** **12:00pm-2:30pm**	Bingo **2:00pm**	Small Goals Group **11:00am-12:00pm**
WNC Temporary Accommodation Team Drop In **12:00pm – 3:00 pm**	WNC Smoking Cessation **11:30am – 1pm**	Northamptonshire Partnership Homes Drop In **11th and 25th November** **1:00pm – 3:00pm**		Changing Goals Football **(Racecourse)** **12:00pm-1:30pm**
Acupuncture* **1:50pm-3:00pm** **(No entry after 2pm)**	Chess Club **2:00pm-3:30pm**	Check in Group **2:00pm-3:00pm**		Quiz **12:45pm**
				DWP Drop in **1:00pm – 3:30pm**
	Adult Learning* Staying safe online & online shopping **3rd November** **10:30am – 12pm**			Acupuncture* **1:50pm-3:00pm** **(No entry after 2pm)**
	Adult Learning* Introduction to AI **10th November** **10:30am – 12pm**			
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**