

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 15th October 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 7th October 12:00pm-1:30pm	Walking Wombles Group 11:00am-12:30pm	Crochet Group 10:30am-12:00pm
Accommodation Concern drop in 11:00am-12:30pm 5th and 19th October	Head & Shoulder Massages* 6th October 10:00 am – 2:30 pm	Facials* 7th, 14th and 21st October 12:00pm-2:30pm	Men's Group 11:00am-12:00pm	Small Goals Group 11:00am-12:00pm
WNC Temporary Accommodation Team Drop In 12:00pm – 3:00 pm	Poetry Group 11:00am-12:00pm Available online via Bridge website	Northamptonshire Partnership Homes Drop In 14th and 28th October 1:00pm – 3:00pm	Bingo 2:00pm	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
				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