

APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Easter Monday	2	3	4	5	6	7
8  Weather permitting: picnic and walk – Contact us for details Summer term starts	9	10 College Facilitator training Leek fire station 9.30-2.30	11	12	13	14
15 What is co-production 10-1 Observatory	16 Think employment 10.30-1 Affordable Foods	17	18	19	20	21
22	23	24	25	26 Getting back on your feet – CHIME 10.30-12.30 Bridge Centre	27	28
29	30					

MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	1	2 Living well with EUPD 11-1 Longton fire station	3 Living well with psychosis 10.30-12.30 Observatory	4	5
6 Early May Bank Holiday	7 Caring for carers 12-2.30 Leek fire station	8 Living well with autism 11-1 Cobridge Health Centre	9 VMF - mod. 1 10-1.30 Longton fire station	10 Mood & Movement 10-12 YMCA dance studio	11	12
13 Living well with bipolar 1 10-12 Bridge Centre	14	15 Menopause & Me 11-1 Cobridge Health Centre	16 VMF - mod. 2 10-1.30 Longton fire station	17 Wellbeing session 12.30-2.30 Westport Lake	18	19
20 Living well with bipolar 2 10-12 Bridge Centre	21 Think employment 2 10.30-12.30 Affordable Foods	22 Creating Pride 10-12 Bentilee Volunteers	23 VMF - mod. 3 10-1.30 Longton fire station	24 Piecing together your mental health journey 1-3 Port Vale	25	26
27	28	29	30	31		

JUNE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	31	1	2
3	4	5	6	7	8	9
	Arts & Minds 12-2 Goldenhill		VMF - mod. 4 10-1.30 Longton fire station	Getting involved Port Vale 1-3		
10	11	12	13	14	15	16
Introversion and celebrating individuality 11am-1pm The Observatory	Finding hope in your finances 10.30-1 St Thomas' Church		VMF - mod. 5 10-1.30 Newcastle fire station	Tackling anxiety 10-12.30 Bridge Centre	 Stoke Pride	
17	18	19	20	21	22	23
Getting back on your feet 12-2 Leek fire station	Your care plan, your recovery 10.30-12.30 Meir Matters		VMF - mod. 6 10-1.30 Newcastle fire station			
24	25	26	27	28	29	30
Wellbeing session 10.30-12.30 Pavillion						

JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2 Co-production in QI, 10-12 UNISON Understanding trauma 10-12.30 Affordable foods	3	4 Be your own health info detective 11-1 St. John's Church	5 Healthy hearts 1-3 Westport Lake	6	7
8 Co-production 10.30- 1.30 Bridge Centre	9 Seeds of hope 1.30-3 John Hall Gardens	10 Wellbeing session 12-2 YMCA	11	12 College facilitator 10-3 Bridge Centre	13	14
15 Self-care in 2024 12.30-2.30 Observatory	16	17 SPARK 12-2 YMCA	18	19  The Power of Language 10.30-12.30 UNISON	20	21
22	23	24	25	26	27	28
29	30	31				