

# APRIL 2026



## WBC TIMETABLE

	MONDAY	TUESDAY	THURSDAY	FRIDAY
10.00	13, 20, 27 Drop-in group 32 Hampton Road 10:30 - 13:00 <i>(In person)</i>		2, 9, 16, 23, 30 Recovery Star 1-2-1 10:00 - 16:00 <i>(On Phone &amp; Zoom)</i>	3, 10, 17, 24 Mind in Mortlake - Telephone Support - Outing on last Friday of the month
11.00	13, 20, 27 Self-coaching group 32 Hampton Road 11:00 - 12:00 <i>(In person)</i>	7, 14, 21 Social Cafe 11:30 - 12:30 <i>(On Zoom)</i>		Contact Anoush 07507 903730
12.00	13, 20, 27 Chair yoga 32 Hampton Road 12:00 - 12:30 <i>(In person)</i>	28 Monthly Outing 12:00 - 15:00 Arthur's Cafe Pizzeria Twickenham Green <i>(In person TW2 5AB)</i>		
13.00	13, 20, 27 Music Appreciation 32 Hampton Road 12:30 - 13:00 <i>(In person)</i>	21 Therapeutic Activity 13:00 - 14:00 Grounding / Relaxation 14:00 - 15:00 ETNA Community Centre <i>(In person TW1 2AR)</i>		
14.00	13, 20 Art Group 32 Hampton Road 13:15 - 14:45 <i>(In person)</i>	7 Hearing Voices Group 14:00 - 15:00 <i>(On Zoom)</i>		
15.00				
16.00				

Please contact Ewa, Anoush or Arup for more information.