

	Monday	Tuesday	Wednesday	Thursday	Friday
Organisation					
<p>Tonic Health 01775 725059 www.tonic-health.co.uk Insta: Tonic.Health Twitter: @tonichealth2 Facebook: @tonichealthspalding</p>		<p>4:30pm: Community Engagement Group</p>		<p>4:30pm: Community Engagement Group</p>	
<p>Night Light Café (Lincoln) (Phone support is available to those unable to access the cafes Monday - Friday from 8pm - 10pm.)</p> <p>0300 011 1200</p>	<p>8pm-12am: Bridge Central, Portland Street, Lincoln LN5 7NN</p>		<p>8pm-12am: Bailgate Methodist Church, Baigate, Lincoln LN1 3AR</p>	<p>8pm-12am: Boultham Breakthrough Centre, Boultham Park Road, Lincoln LN6 7ST</p>	<p>8pm-12am: Bridge Community Hub, Newark Rd, Lincoln LN5 8NQ</p>
<p>Mental Health Support & Signposting within Gainsborough Mon-Fri 09:00-17:00 – 07554 673779 (Gainsborough Trinity Foundation) Riverside (Gainsborough) 01427 677 277 www.riverside-training.org.uk Riverside Training Services, First Floor Offices, 11-23 Market Street, Gainsborough, Lincolnshire DN21 2BL</p>	<p>10am-12: CV Development workshop 12:30pm-14:30pm: Roses Cake, Coffee & Chat at the Venue at Roses, DN21 2TU</p>		<p>10am-12pm: Employment Skills</p>	<p>1am-12pm: Interview Skills</p>	<p>1pm-3pm: The Craft Tea club</p>
<p>Mindspace (Stamford) info@mindspacestamford.com www.mindspacestamford.com/ what-we-do</p>	<p>11.30am Movement for Wellbeing - 6.45pm Yoga - 8pm Men's Group</p>	<p>10:30am Nutrition (fortnightly) - 7pm Young Adults Group</p>	<p>10..45am Yoga - 2pm Mindful Living</p>	<p>12pm Tea and Chat - 3pm Bodyweight</p>	<p>11:30am Art Workshop - 2pm Shared Reading</p>