	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Organisation							
Tonic Health 01775 725059 www.tonic-health.co.uk Insta: Tonic.Health Twitter: @tonichealth2 Facebook: @tonichealthspalding		**4:30pm:** Community Engagement Group		**4:30pm:** Community Engagement Group			
Night Light Café (Lincoln) (Phone support is available to those unable to access the cafes Monday - Friday from 8pm - 10pm.) 0300 011 1200	**8pm-12am:** Bridge Central, Portland Street, Lincoln, LN5 7NN	**8pm-12am:** St. Columbas, Brant Road, Lincoln, LN5 8SE	**8pm-12am:** Bailgate Methodist Church, Baigate, Lincoln, LN1 3AR	**8pm-12am:** Boultham Breakthrough Centre, Boultham Park Road, Lincoln, LN6 7ST	**8pm-12am:** Bridge Community Hub, Newark Rd, Lincoln, LN5 8NQ	**8pm-12am:** St. Swithun's Church, The Salthouse, Free School Lane, Lincoln, LN2 1EY	**8pm-12am:** Alive Church, Newland, Lincoln, LN1 1XD
Mental Health Support & Signposting within Gainsborough Gainsborough Trinity Foundation Mon-Fri 09:00-17:00 07554 673779 Riverside (Gainsborough) 01427 677 277 www.riverside-training.org.uk Riverside Training Services, First Floor Offices, 11-23 Market Street, Gainsborough, DN21 2BL	**10am-12pm**: CV Development workshop **12:30pm - 2:30pm:** Cake, Coffee & Chat at the Venue at Roses, DN21 2TU		**10am-12pm:** Employment Skills	**11am-12pm:** Interview Skills	**1pm-3pm:** The Craft Tea club		
Mindspace (Stamford) info@mindspacestamford.com www.mindspacestamford.com/what-we-do	**11.30am:** Movement for Wellbeing - **6.45pm:** Yoga **8pm:** Men's Group	**10:30am:** Nutrition (fortnightly) **7pm:** Young Adults Group	**10.45am:** Yoga **2pm:** Mindful Living	**12pm:** Tea and Chat **3pm:** Bodyweight	**11:30am:** Art Workshop **2pm:** Shared Reading		