

# March and April



Please contact 01227 788 211 or go to [www.takeoff.works/contact-us/](http://www.takeoff.works/contact-us/) and leave a

message if you would like a 1:1 phone chat. Or contact us to join remote peer group sessions on the following days:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
March 30	March 31	April 1	April 2	April 3	April 4	April 5
1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm		Peer Support Crisis Group for ALL areas 4-7pm
Activity Group 6-8pm With Mark and Tracie	Creative Group 2-4pm With Emily and Tamsyn	Depression Group 11-1 With Zoe and Mark	Depression Group 3-5pm With Tamsyn and Helen	Hourglass Fitness 11am		
				Cooking Group 1-3pm With Sally and Mark Walking the Dog 3-4pm With Wayne and Bella		
April 6	April 7	April 8	April 9	April 10	April 11	April 12
1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm		Peer Support Crisis Group for ALL areas 4-7pm
Depression Group 3-5pm With Helen and Tamsyn	Mood Group 3.30-5.30 With Tamsyn and Helen	Depression Group 11-1 With Zoe and Mark	Depression Group 6-8pm With Tamsyn and Helen	Hourglass Fitness 11am		
Activity Group 6-8pm With Mark and Tracie				Cooking Group 1-3pm With Sally and Mark Walking the Dog 3-4pm With Wayne and Bella		
April 13	April 14	April 15	April 16	April 17	April 18	April 19
1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm		Peer Support Crisis Group for ALL areas 4-7pm
Depression Group 3-5pm With Helen and Tamsyn	Creative Group 2-4pm With Emily and Tamsyn	Depression Group 11-1 With Zoe and Mark	Depression Group 3-5pm With Tamsyn and Helen	Hourglass Fitness 11am		
Activity Group 6-8pm With Mark and Tracie				Cooking Group 1-3pm With Sally and Mark Walking the Dog 3-4pm With Wayne and Bella		
April 20	April 21	April 22	April 23	April 24	April 25	April 26
1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm		Peer Support Crisis Group for ALL areas 4-7pm
Depression Group 3-5pm With Helen and Tamsyn	Mood Group 3.30-5.30 With Tamsyn and Helen	Depression Group 11-1 With Zoe and Mark	Depression Group 6-8pm With Tamsyn and Helen	Hourglass Fitness 11am		
Activity Group 6-8pm With Mark and Tracie				Cooking Group 1-3pm With Sally and Mark Walking the Dog 3-4pm With Wayne and Bella		

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April 27	April 28	April 29	April 30			
1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm	1:1 phone calls 12-3pm			
Depression Group 3-5pm With Helen and Tamsyn	Creative Group 2-4pm With Emily and Tamsyn	Depression Group 11-1 With Zoe and Mark	Depression Group 3-5pm With Tamsyn and Helen			
Activity Group 6-8pm With Mark and Tracie						