

January



Please contact 01227 788 211 or go to 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
				1 st	2 nd	3 rd
				Cooking Group 1-3pm With Sally	Depression group 4-6pm With Helen and Rachel	Peer Support Crisis Group for ALL areas 4-7pm
4 th	5 th	6 th	7 th	8 th	9 th	10 th
Depression Group 3-5pm With Rachel and Tamsyn	BPD/EUPD group 11-1 With Tamsyn and Daniel	Depression Group 11-1 With Zoe and Ellie	Depression Group 6-8pm With Helen and Tamsyn	Cooking Group 1-3pm With Sally	Depression group 4-6pm With Helen and Tamsyn	Peer Support Crisis Group for ALL areas 4-7pm
Activity Group 6-8pm With Mark and Rubie	Creative Group 2-4pm With Emily and Tamsyn	Cooking Group 2-4pm With Sally				
11 th	12 th	13 th	14 th	15 th	16 th	17 th
Depression Group 3-5pm With Zoe and Tamsyn	Mood Group 3.30-5.30 With Tamsyn and Helen	Depression Group 11-1 With Zoe and Ellie	Depression Group 6-8pm With Helen and Tamsyn	Cooking Group 1-3pm With Sally	Depression group 4-6pm With Helen and Tamsyn	Peer Support Crisis Group for ALL areas 4-7pm
Activity Group 6-8pm With Mark and Rubie		Cooking Group 2-4pm With Sally				
18 th	19 th	20 th	21 st	22 nd	23 rd	24 th
Depression Group 3-5pm With Zoe and Fay	BPD/EUPD group 11-1 With Rubie and Daniel	Depression Group 11-1 With Zoe and Ellie	Depression Group 6-8pm With Helen and Rachel	Cooking Group 1-3pm With Sally	Depression group 4-6pm With Helen and Tamsyn	Peer Support Crisis Group for ALL areas 4-7pm
Activity Group 6-8pm With Mark and Rubie	Creative Group 2-4pm With Emily and Tamsyn	Cooking Group 2-4pm With Sally				
25 th	26 th	27 th	28 th	29 th	30 th	31 st
Depression Group 3-5pm With Rachel and Fay	Mood Group 3.30-5.30 With Tamsyn and Helen	Depression Group 11-1 With Zoe and Ellie	Depression Group 6-8pm With Helen and Rachel	Cooking Group 1-3pm With Sally	Depression group 4-6pm With Helen and Tamsyn	Peer Support Crisis Group for ALL areas 4-7pm
Activity Group 6-8pm With Mark and Rubie		Cooking Group 2-4pm With Sally				

1 to 1 phone calls are available every day from Monday to Friday and an open phone line is available from 3-4pm from Monday to Friday

Funded by:

