

Mind in Didcot

We are now based at:

**The Methodist Church
The Broadway
Didcot
Oxon OX11 8RQ**

Our groups will run on:

Tuesdays 10.00am - 3.00pm: Open Access with Activities

**Wednesdays 1.30 - 3.30pm: Couture Café.
Cornerstone Arts Centre, Didcot**

Tel: 07930 512111

Email: mindindidcot@oxfordshire-mind.org.uk

www.oxfordshire-mind.org.uk



For better
mental health

Registered Charity Number 261476

Mind in Didcot

**New sessions for
better mental health,
friendship & support**

Jan - Mar 2010

***Please note that we
still meet every Wednesday
1.30pm - 3.30pm at
Couture Café, Cornerstone
Arts Centre, Didcot**



**For better
mental health**

Oxfordshire Mind
Registered Charity Number 261476
Company Limited by Guarantee Number 4343625
Registered office: 2 Kings Meadow, Osney Mead, Oxford OX2 0DP

DATE	ACTIVITY	TIME
Tues 5 Jan	General meeting	10am - 12pm
Tues 12 Jan	Discussion about the year ahead	10am - 12pm
Tues 19 Jan	Crosswords/Quiz	10am - 12pm
Tues 26 Jan	Art	10am - 12pm
Tues 2 Feb	General meeting	10am - 12pm
Tues 9 Feb	What the papers say	10am - 12pm
Tues 16 Feb	Music group	10am - 12pm
Tues 23 Feb	Board games	10am - 12pm
Tues 2 Mar	General meeting	10am - 12pm
Tues 9 Mar	Relaxation	10am - 12pm
Tues 16 Mar	Easter cards/ Art	10am - 12pm
Tues 23 Mar	walk to restore	10am - 12pm
Tues 30 Mar	Special meal	10am - 12pm

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