

This social group is a safe space where members can say as much or as little as they like. Members say it is helpful to have somewhere to come to during the week where they can relax and be themselves, without judgement.

We do quizzes, art and craft etc but there is no pressure to join in, and members can just sit and listen if they wish.

Tea/coffee/biscuits available. Feel free to bring your own lunch.

Scan the QR code or visit the website below to view our group timetable for up to date times and locations.

- catalystsupport.org.uk/activity-timetable/
- groups.cc@catalystsupport.org.uk
- 01276 409 415
- 07919 541 424





