

March 2017

MON Drop-In 2-8pm	TUES Quiet Drop-In 10 – 5pm	WED Drop-In 10-8pm	THUR Drop-In 2-8pm	FRI Drop-In 12-5pm	SAT	SUN
		1 1–3 Girls' Group 2 – 4 Employment Advice (by appointment) 4-7 Gaming Group (Ant) 5.30 – 7 LDG (Closed) 6–8 Art & Crafts Group	2 2-4 Thursday Discussion Group (Closed) 3 – 4.30 LDG (Mental Health) 5.30 Film Night (Miss Peregrine's home for peculiar children)	3 3–5 Pool Drop-In	4 10 – 4 Drop-In Cinema Trip (Rachel/Andy)	5
6 6–8 Music Group 6.30-8 Girls' Group	7 10 – 12 Tuesday Morning Womens Group (over 35) 4 – 6 Table Tennis 4 - 7 RPG (Closed)	8 1–3 Girls' Group 4.30 5-a-side football 5.30 – 7 LDG (Closed) 6–8 Art & Crafts Group	9 2-4 Thursday Discussion Group (Closed) 3 – 4.30 LDG (Education/Learning) 6 - 8 Scrabble & Chess Club (Rach) 6 - 7 Relaxation Group (Kim)	10 2-3.30 Service User Forum 3–5 Pool Drop-In	11	12
13 3 - 5 Book Group (Maff) 6 – 8 West Lothian Group (Dinner at the Harvester, Livingston)	14 10 – 12 Tuesday Morning Womens Group (over 35) 5 - 8 Snooker Club	15 1–3 Girls' Group 4-7 Gaming Group (Andy) 5.30 – 7 LDG (Closed) 6–8 Art & Crafts Group	16 2-4 Thursday Discussion Group (Closed) 3 – 4.30 LDG (Employment) 5.30 Film Night (Kubo and the two strings) 6 – 8 Photography Group	17 3–5 Pool Drop-In	18 10 – 4 Drop-In Walking Group (Ant/Stew)	19
20 4.30 – 5 Tai Chi Taster 6–8 Music Group 6.30-8 Girls' Group	21 10 – 12 Tuesday Morning Womens Group (over 35) 1 – 4 Video Editing (Stew) 1 – 4 Social Group – Ten Pin Bowling at Fountainpark 4 - 7 RPG (Closed) 6 - 7 Badminton	22 1–3 Girls' Group 1 – 5 (play 2 – 4) Pool League, Ball Room Morningside (Maff) 5.30 – 7 LDG (Closed) 6 – 7.30 Coffee, Cake & Chat (Maff & Ant) 6–8 Art & Crafts Group	23 Midday Gourmet Club (Graeme) 2-4 Thursday Discussion Group (Closed) 3 – 4.30 LDG (Relationships) 6 – 8 Scrabble & Chess Club (Kim) 6 - 7 Relaxation Group	24 3–5 Pool Drop-In	25 10 – 4 Drop-In Visit Portrait Gallery – BP Portrait Exhibition 2016 (Free) (Maff/Graeme)	26
27 6 – 8 Quiz Night	28 10 – 12 Tuesday Morning Womens Group (over 35) 6 – 8 Creative Writing	29 1–3 Girls' Group 6–8 Art & Crafts Group	30 11 – 12.30 Post Diagnostic Pack Review 12 – 1 New Service User Group 2-4 Thursday Discussion Group (Closed) 3 – 4.30 LDG (Lifestyle)	31 3–5 Pool Drop-In		

LDG – Late Diagnosis Group. If you are interested in a closed group or if you would like more information please speak to a member of staff or call 0131 220 1075.