

Programme of Activities

Monday	Tuesday	Wednesday	Thursday	Friday
Homeless Outreach 7.00 Winchester City Centre		Homeless Outreach 7.00 Winchester City Centre		Homeless Outreach 7.00 Winchester City Centre
9.00 – 11.00 Monday – Friday Housing & Advice Support Sessions at Winchester Churches Nightshelter with Matt				
Job Club 10.30 – 12.00 Sarah	IT 10.00 – 12.00 Ali	Job Club 10.30 – 12.00 Sarah	Lifewise 10.00 – 11.00 Tracey	Positive Partners 10.00 – 11.00 Tracey/Hannah
Mindfulness Monday 11 – 11.30 Peer Led/Davina	Freedom Programme 10.30 – 12.00 Tracey	Hand Massage 10.00 – 12.00 Red Cross	IT/Art Outreach to other Agencies Ali	
Drug and Alcohol Drop-In 11.00-12.00 George's (Inclusion)	Access to Tenancy 11.00 – 12.00 Matt/Ryan			
Domestic Abuse Support 12.30 – 14.00 Shelley (Refuge)	Music Therapy 13.15 – 14.00 Key Changes Team	Mindfulness 11.00 – 11.30 Davina	Health Focus 11.00 – 12.00 Jo	Mindfulness 11.00 – 11.30 Davina
Cooking 13.30 – 16.00 Sarah	Film Club 13.30 – 16.00 Ryan	Gardening 13.30 – 14.30 Jo	Mindfulness Walk 13.30 – 14.00 Jo/Ryan	
Art 14.00 – 16.00 Ali	IT 14.00 – 16.00 Ali	Counselling 10.00 – 16.00		Art 14.00 – 16.00 Ali
Dual Diagnosis Counselling Available				Dual Diagnosis Counselling Available