

## Trinity Winchester Timetable

Time / period	Monday	Tuesday	Wednesday	Thursday	Friday
<b>10-12</b>	Job Club Niamh and Team	The Freedom Programme The You Trust (Women's Service)	Job Club Niamh and Team	Job Club Niamh and Team	Health Stop Café Niamh and Team
	Support Café Debbie and Team (Women's Service)	I.T Ali	Counselling Davina (10.00-12.00) (Women's Service)	Walking Therapies Davina/Jo (10.00-11.00)	Guided Mindfulness Davina (10.00-10.30)
	Counselling (Women's Service) Jo (11.30-12.30)	WCC Outreach Team Olly		WCC Outreach Team Olly	
<b>12.00-13.00</b>	Lunch	Lunch	Lunch	Lunch	Lunch
<b>1.30-3.30</b>	Art Café Ali and Team	Art Café Trinity Team	Art Café Trinity Team	Art Café Trinity Team	Art Café Ali and Team
	Read and Discuss Emma (13.00-14.00)	I.T (Women's Service) Ali	Counselling Davina (13.30-14.30) (Women's Service)	I.T Ali	
	Cooking Emma and Team (Specific Classes, not weekly)	Creative Music Niamh (13.00-14.00)	Film Club 13.30-15.30 Matt		
	Pattern Changing Jo and Team (Women's Service)	Counselling Maria (13.30-15.30) (Women's Service)	Gardening Please ask Niamh		
<b>Healthcare DentAid (once a month)</b>	Nurse 10-12	G.P 10-12	Chiropodist (1 <sup>st</sup> weds of month)	G.P 10-12	Nurse 10-12