



Peer Support Activities Calendar March 2017

Activity	Description	Run by	Where/When
Peer Support Drop In	Meet others who have experienced mental health challenges in a safe and supportive environment. No need to book, just turn up.	Peer Support Volunteers	BHT Mental Health & Wellbeing Service, 27-29 North Street Every Wednesday 1pm - 3pm
Creative Minds Drop In	Try fun, creative activities in a non-judgemental and supportive environment. No need to book, just turn up.	Peer Support Volunteers	BHT Mental Health & Wellbeing Service, 27-29 North Street Every Thursday 1pm - 3pm

Contact us on **01273 929471** or email wellbeing@bht.org.uk for more information on any of our groups, workshops or services.

All of the above activities are run by trained Peer Support Volunteers (PSVs) with lived experience of mental health challenges.

To access other parts of the service, such as counselling, you will need to have a full assessment.