



Canterbury Umbrella Activities

Time and Day	Activity	How to take part
Mondays 10:00-12:00	Yoga £2	Join Linda for some gentle exercise
1.30-3.30pm	I.T Group	All abilities welcome, relaxed I.T sessions to build skills
9.30 – 10.30am	Parent corner	All welcome, an opportunity to discuss matters that affect parents
Tuesdays 11- 12pm	Chairobics £2	Seated exercise, ideally for those with mobility problems
1 – 3PM	Art Group £1	Come along and see Diana and Ross who will tell you what is going on in the art group
7:30 – 9pm	Bipolar group	2 nd Tuesday of every month
7:30 – 9pm	Rethink Carers support	3 rd Tuesday of every month
Wednesdays 12 – 2pm	Piano with Vivian	Have a listen to some tunes
1:30 – 3:30	Music group	Courtesy of the Taigh Foundation
4:00 – 5:30	Millennials breaking barriers	Student support group held fortnightly starting back in September
Thursdays 10:00 – 11:30	Yoga £3	All abilities are welcome
9:30-10:30	Gardening club	All abilities welcome
11:00 – 1:30	Creative corner	All abilities are welcome
2pm	Cooking group	All abilities are welcome
7:30 – 9:00	AA	
Fridays 10.00 – 11.00	Mental Health morning	All welcome, discussing mental health conditions and signposting to local support
11.00 – 12.30	Keep fit	All abilities welcome
13:30-15:30	Open Mic	All welcome whether to play or listen
12:30-15:30	Hangout	Aimed at 17 to 25, to hangout, shot pool and socialise
Monday to Friday Academic Year	Courses	Courses in wellbeing, anxiety, depression, social life skills, healthy eating, confidence building and more.
Drop in	Food bank referrals	See Natalie
Through the summer	Outings	Check our Facebook and website for outings and workshops and notice boards