

Join us for social support

Northamptonshire

April 2016



Improving mental health through peer support

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| Dates & Times | Meet up | Location | Details |
|--|-----------------------------------|--|---|
| Mon 4th April 7:00 - 9:00pm | Rushden Conservative Club | 44 High St South NN10 0QX | Come and join us for a social evening |
| Tues 5th April 1:00 – 3:00pm | Walk and coffee | Irchester Country Park Gipsy Lane, NN29 7DL | Meet in the main car park near the café, come rain or shine |
| Tues 12th April 11:30 – 1:30pm | Lunch at Elsie's | Elsie's café, 95 – 97 Charles St, Northampton | Join us for pay as you feel lunch, or just for a drink, it's up to you |
| Tues 12th April 2:30 – 4:00pm | Coffee and welcome! | Icon Centre, Eastern Way Daventry, NN11 0QB | Plenty of free car parking in Daventry near the Icon Centre, meet in the café |
| Tues 12th April 7:00 – 9:00pm | DA Self Help group | Northampton Mind Anchor House | Contact Julia for more information 07743 149337 |
| Wed 13th April 11:00 – 12:30pm | Corby Support | Corby Mind, 18 Argyll St, NN17 1RU | Join us at Corby Mind for social support and a cuppa |
| W/c 18th April | | Depression Awareness Week | Don't keep depression under your hat |
| Wed 20th April 1:00 – 3:00pm | Walk and coffee | Abington Park, Park Av S, NN3 3HN Northampton | Join us for a stroll around the park and our usual stop for refreshments |
| Wed 20th April 7:30 – 9:30pm | Night out at Johnny's Happy Place | Keystone, 42 Rockingham Rd, Kettering NN16 9HX | Come to our hat Party! Wear a hat All refreshments provided |
| Thur 21st April 11:00 – 12:30pm | Coffee/Lunch | Smith's at No.4, North St Oundle PE8 4AL | Join us for a cuppa or lunch then have a wander round the market |
| Fri 22nd April 11:00 – 1:00pm | Tea at the Vintage Tea rooms | Vintage Retreat Tea Rooms Lower Harding St, Nhampton NN1 2JL | Join us for a cuppa then explore the Antique & Vintage shop |
| Mon 25th April 1:00 – 2:30pm | Walk and cafe | Stanwick Lakes, NN9 6GY | Come for a wander around the lake and stop at the cafe |
| Wed 27th April 11:00 – 12:30pm | Corby Support | Corby Mind, 18 Argyll St, NN17 1RU | Join us at Corby Mind for social support and a cuppa |
| Thur 28th April 11:30 – 1:30pm | Lunch at Elsie's | Elsie's café, 95 – 97 Charles St, Northampton | Join us for pay as you feel lunch, or just for a drink, it's up to you |
| Thur 28th April 2:30 – 4:00pm | Tea in Towcester | Pickwick Tea Rooms, behind the Pickled Pig, High St, Towcester | Come and find us hidden away in the tea rooms on the High St |
| Sat 10:00 - 4:00 Sun 11:00 – 2:00 | Johnny's Happy Place | Keystone, 42 Rockingham Road, NN16 9HX | Lovely community café in Kettering |
| Singing for Health in Corby | Corby Mind | Weekly group starting soon | Ask us for more details |