

Personalised Care Calendar

May		
Anchor Meadow Health Centre		
Friday 12th May	Pregnancy Support Group	10:00am - 11:00am
Saturday 13th May	Young Carers Café	12:00pm - 14:00pm
Monday 15th May	Young Mums & Mental Health	10:00am - 11:00am
Monday 15th May	Structured - Cost of Living	14:00pm - 15:30pm
Monday 22nd May	Dementia Café	14:00pm - 15:30pm
Every Wednesday	Walk & Weigh	10:30am - 11:30am
Every Wednesday	General Coffee Afternoon	13:00pm - 15:00pm

Collingwood Family Practice		
Thursday 11th May	General Coffee Afternoon	13:00pm - 14:00pm
Thursday 25th May	General Coffee Afternoon	13:00pm - 14:00pm

June		
Anchor Meadow Health Centre		
Friday 2nd June	Pregnancy Support Group	10:00am - 11:00am
Saturday 3rd June	Young Carers Café	12:00pm - 14:00pm
Monday 5th June	General Drop In Session	10:00am - 11:30am
Monday 5th June	Parkinson's Empathy Group	13:30pm - 14:30pm
Monday 12th June	Young Mums & Mental Health	10:00am - 11:00am
Monday 12th June	Carers	14:00pm - 15:30pm
Monday 19th June	Structured - Skin Health	14:00pm - 15:30pm
Monday 26th June	Dementia Café	14:00pm - 15:30pm
Every Wednesday	Walk & Weigh	10:30am - 11:30am
Every Wednesday	General Coffee Afternoon	13:00pm - 15:00pm

Collingwood Family Practice		
Thursday 8th June	General Coffee Afternoon	13:00pm - 14:00pm
Thursday 22nd June	General Coffee Afternoon	13:00pm - 14:00pm

Personalised Care Calendar

July

Anchor Meadow Health Centre

Saturday 1st July	Young Carers Café	12:00pm - 14:00pm
Monday 3rd July	General Drop In	10:00am - 11:30am
Monday 3rd July	Parkinson's Empathy Group	13:30pm - 14:30pm
Friday 7th July	Pregnancy Support Group	10:00am - 11:00am
Monday 10th July	Young Mums & Mental Health	10:00am - 11:00am
Monday 10th July	Carers	14:00pm - 15:30pm
Monday 17th July	Structured - Nutrition: Looking After Yourself	14:00pm - 15:30pm
Monday 24th July	Dementia Café	14:00pm - 15:30pm
Every Wednesday	Walk & Weigh	10:30am - 11:30am
Every Wednesday	General Coffee Afternoon	13:00pm - 15:00pm

Collingwood Family Practice

Thursday 6th July	General Coffee Afternoon	13:00pm - 14:00pm
Thursday 20th July	General Coffee Afternoon	13:00pm - 14:00pm

August

Anchor Meadow Health Centre

Friday 4th August	Pregnancy Support Group	10:00am - 11:00am
Saturday 5th August	Young Carers Café	12:00pm - 14:00pm
Monday 7th August	General Drop In	10:00am - 11:30am
Monday 7th August	Parkinson's Empathy Group	13:30pm - 14:30pm
Monday 14th August	Young Mums & Mental Health	10:00am - 11:00am
Monday 14th August	Carers	14:00pm - 15:30pm
Monday 21st August	Structured - Dementia	14:00pm - 15:30pm
Every Wednesday	Walk & Weigh	10:30am - 11:30am
Every Wednesday	General Coffee Afternoon	13:00pm - 15:00pm

Collingwood Family Practice

Thursday 3rd August	General Coffee Afternoon	13:00pm - 14:00pm
Thursday 17th August	General Coffee Afternoon	13:00pm - 14:00pm
Thursday 31st August	General Coffee Afternoon	13:00pm - 14:00pm

Personalised Care Calendar

September

Anchor Meadow Health Centre

Friday 1st September	Pregnancy Support Group	10:00am - 11:00am
Saturday 2nd September	Young Carers Café	12:00pm - 14:00pm
Monday 4th September	General Drop In	10:00am - 11:00am
Monday 4th September	Parkinson's Empathy Group	13:30pm - 14:30pm
Monday 11th September	Young Mums & Mental Health	10:00am - 11:00am
Monday 11th September	Carers	14:00pm - 15:30pm
Monday 18th September	Structured - Cancer	14:00pm - 15:30pm
Monday 25th September	Dementia Café	14:00pm - 15:30pm
Every Wednesday	Walk & Weigh	10:30am - 11:30am
Every Wednesday	General Coffee Afternoon	13:00pm - 15:00pm

Collingwood Family Practice

Thursday 14th September	General Coffee Afternoon	13:00pm - 14:00pm
Thursday 28th September	General Coffee Afternoon	13:00pm - 14:00pm