



Community Roots @Chai October 2025

			ng			Wednesday 1st		Thursday 2nd		Friday 3rd									
						Research Engagement		10:00am/ 12:30pm	Chai and Natter		10:30am/ 12:00pm	Understanding The Mental Health Act (1/2)			10:30am/ 12:00pm				
						Ladies Yoga		12:30pm/ 1:30pm											
						Gardening Drop In		2:00pm/ 3:00pm											
Monday 6 ^h			Tuesday 7 th			Wednesday 8 th			Thursday 9 th		Friday 10 th								
Living With ADHD			1:00pm/ 3:00pm		Unity Hub Wellbeing Activities		10:00am/ 12:00pm		Research Engagement		10:00am/ 12:30pm	Confidence & Assertiveness (1/2)		10:30am/ 12:00pm	Bipolar Peer Support Group			10:30am/ 12:00pm	
									Ladies Yoga		12:30pm/ 1:30pm				Understanding The Mental Health Act (2/2)			10:30am/ 12:00pm	
									Co-Production Lab										1:30pm/ 3:30pm
					Our Stories Matter			10:30am/ 12:00pn		Gardening Drop In		2:00pm/ 3:00pm							
Monday 13 th			Tuesday 14 th			Wednesday 15 th			Thursday 16 th		Friday 17 th								
Challenging Unhelpful Thoughts			10:30am/ 12:00pm		Unity Hub Wellbeing Activities		10:00am/ 12:00pm		Research Engagement		10:00am/ 12:30pm	Confidence & Assertiveness (2/2)		10:30am/ 12:00pm	Chai and Natter		10:30am/ 12:00pm		
									Ladies Yoga		12:30pm/ 1:30pm								
									The Happy Edit										1:00pm/ 2:30pm
									Gardening Drop In										2:00pm/ 3:00pm
Monday 20 th			Tuesday 21 st			Wednesday 22 nd			Thursday 23 rd		Friday 24 th								
Pop in for a brew and chat And have a look at our wellbeing sessions.			Unity Hub Wellbeing Activities		10:00am/ 12:00pm		Research Engagement		10:00am/ 12:30pm	Chai and Natter		10:30am/ 12:00pm	Bipolar Peer Support Group			10:30am/ 12:00pm			
							Ladies Yoga		12:30pm/ 1:30pm										
							Co-Production Lab										1:30pm/ 3:30pm		
							Gardening Drop In										2:00pm/ 3:00pm		
Monday 27 th			Tuesday 28 th			Wednesday 29 th			Thursday 30 th										
Understanding Stress			10:30am/ 12:00pm		Unity Hub Wellbeing Activities		10:00am/ 12:00pm		Research Engagement					10:00am/ 12:30pm	Chai and Natter		10:30am/ 12:00pm		
									Ladies Yoga					12:30pm/ 1:30pm					
									Co-Production Lab									1:30pm/ 3:30pm	
									Gardening Drop In			2:00pm/ 3:00pm							

Struggling to get to one of our sites? Our green highlighted sessions are online as well as face to face offering the same session quality.



If you're looking for one to one support in regards to a range of social and wellbeing support, we host our popular drop-in sessions. Simply turn up on the day to speak to an expert about a range of subjects including volunteering opportunities, digital devices, financial support and active community participation.

As these are drop-in sessions, please be aware you may have to wait as we operate a first come, first served approach. You will, of course, be offered a drink while you wait and you're welcome to speak to one of the team about what else may be of interest.

Weekly Community Support Drop in sessions – October 2025					
Tuesday 7 th		Wednesday 1 st		Thursday 2 nd	
Employment Support	10:00am/ 12:00pm	National Energy Action	10:00am/ 12:00pm	Inspire Drop In	10:00am/ 12:00pm
				Age UK	10:00am/ 12:00pm
Tuesday 21 st		Wednesday 8 th		Thursday 16 th	
Employment Support	10:00am/ 12:00pm	National Energy Action	10:00am/ 12:00pm	Inspire Drop In	10:00am/ 12:00pm
				Age UK	10:00am/ 12:00pm
		Wednesday 15 th		Thursday 30 th	
		National Energy Action	10:00am/ 12:00pm	Inspire Drop In	10:00am/ 12:00pm
				Age UK	10:00am/ 12:00pm
		Wednesday 22 nd			
		National Energy Action	10:00am/ 12:00pm		
		Wednesday 29 th			
		National Energy Action	10:00am/ 12:00pm		

