



## Shropshire Mental Health Support

### Walking/Allotment Groups

We have several walking and allotment groups. Anyone interested just needs to call and book (01743 368647). I have attached a copy of our walking/allotment group schedule for you to have a look at.

Tuesday 12pm-1.30pm Walking Group

Thursday 1.30pm-2.30pm Walking Group

Friday 10am-12pm Allotment

### Women's Group

We have a women's group that runs on a **Thursday morning (10.30am-12.30pm)**. This is a light-hearted but supportive group with plenty of tea and biscuits!

### Men's Group

Our men's group runs on a **Wednesday afternoon (1.30pm-3.30pm)**. This is a supportive environment for men to share their experiences, strengths and hope.

### Crafty Aft (Friday afternoon 1.30pm-3.30pm)

The return of our popular arts and crafts group. A safe and encouraging environment to put your hand to anything creative!

### Calmer Café (Shrewsbury)

The Calmer Cafe is available **every Monday, Wednesday, Thursday & Friday evening from 5.30pm-9.30pm**. This is a safe and relaxed environment you can come for a little bit of extra support or just to get out the house and have some human connection. Each session lasts an hour and 15 minutes and all you need to do is ring up on the day (01743 368647) and book yourself into a time slot.

### Calmer Café (Oswestry)

The Calmer Café in Oswestry is open every **Thursday afternoon/evening from 4pm-8pm**. It is based in a prime location in the centre of Oswestry. Please contact us on 01743 368647 to book a place.

### Reconnect Course (Oswestry)

This is a 8-week course aiming to help build confidence and resilience at our premises in the centre of Oswestry. Please call to find out about the next course and reserve a place.

**Alternatively, you can call us anytime on 01743 368647 for support and general enquiries.**