

## Cape Timetable – from Monday 27 November

Monday 11-5pm Anca	Wednesday 11-5pm Pauline	Friday 11-4.30pm Anca
11:30-1pm Your News & Views w/Anca	12-1pm Healthy Living w/ Pauline	11-12pm Wellbeing Group w/ Anca
1pm Lunch	1pm Lunch	1pm Lunch
2-3pm Guided Mindfulness	2-4:30pm Round London w/ Wolfgang	2-3.30pm Benefits Advice w/ Ade (fortnightly)
3-4pm Book Club w/ Pauline	2-3pm Mastering My Mental Health w/ Pauline	2.30-4pm Art Group w/ Catherine
2-5pm ICT w/ Mark	2-5pm ICT w/ Mark	2-4.30pm ICT w/ Mark

### IMPORTANT DIARY DATES

#### **Wednesday 13<sup>th</sup> December**

Cape Christmas Market Trip

Going to The Southbank Centre, leaving Cape 12 noon to travel there by public transport (Cape will be closed to clients from 12 noon)

#### **Friday 15<sup>th</sup> December**

Cape Christmas Party 11.30-4.30pm

Monday 25 & Tuesday 26 December – closed  
Wednesday 27 December – telephone contact  
only

Friday 29 December – open as usual  
Monday 1 January – closed  
Wednesday 3 January – open as usual