**Recovery Republic Timetable 2024**

| **Monday** | 10.30am - 12 noon  1pm - 3pm | Women’s Group  Drop In form filling |
| --- | --- | --- |
| **Tuesday** | 9.30am - 11am  9. 30am - 2.30pm  6:30pm – 8:30pm | Card Making  One to one Meditation with Kate - by appointment  Redeemed Christian Church of God (use facilities) |
| **Wednesday** | 11am-12.noon  10am - 12 noon  11am  7.30pm - 9pm | Group Meditation with Kate - by appointment  Co-operative Harmony Music Group  Walking Group - Walk & Talk  Narcotics Anonymous |
| **Thursday** | By appointment  10.30am - 12.30am  1pm - 3pm  1pm - 3pm | HCMA (Heywood Community Money Advice) - by appointment  Flourishing - a wellbeing course (speak with Ann Syddall, Support Worker)  Men’s Group  Swap to Stop - Living Well, Smoking Cessation - Free 4 week supply of vapes |
| **Friday** | 10am- 12pm  1pm - 3pm  7pm – 8.30pm  Evening | Heads Together (inc bingo / Quiz / Raffle)  Georgina Whitaker, Psychology (Referral Required)  Ukulele Group (Fortnightly)  Heywood Light Chapel International (Use facilities) |
| **Saturday** | 11.30am – 1.30pm  3pm - 6pm  10.30am - 12.30pm | Music Group  Choir Rehearsal (RCCG)  Councillor Surgeries (1st Sat in every month commencing 2.7.22) |
| **Sunday** | 10am – 12pm  1pm - 3pm | Redeemed Christian Church of God (Use facilities)  Heywood Light Chapel International (Use facilities) |

**\*\*For further information or to discuss room hire, please contact Recovery Republic on 01706 622722**

**Instagram: recoveryrepublic2011**

**FUTURE EVENTS: 27th July 11am - 4pm Carlfest. Summer Fair inc. live music, stalls etc**

**Recovery Republic Room Use Timetable 2023**

| Room | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Garden |  |  |  | **Garden Group**  11am - 1pm |  |  |  |
| Refectory | **Women’s Group**  10.30 - 12 noon  **Drop in form filling**  1pm - 3pm | **Card Making**  9.30am - 11am | **Narcotics** **Anonymous**  7.30pm- 9pm | **Men’s Group**  1pm – 3pm | **Heads Together**  **Bingo & Raffles**  10am - 12pm    **Ukulele Group**  7pm-8.30pm | **Councillor Surgeries**  10.30am - 12.30pm  (1st Sat in every month |  |
| Computer Suite |  |  |  | **HCMA**  Debt Advice  (By appointment) |  |  |  |
| Activity Room |  | **Redeemed Christian Church of God**  6:30pm-8:30pm |  |  | **Heywood Light Chapel International**  (Use facilities) | **Music Group**  11.30am - 1.30pm | **Redeemed Christian Church of God**  10am-12pm  **Heywood Light Chapel International**  1pm-3pm |
| Mtg Rm 1 |  | **Bev Hilton**  **HPCN** | **Sam / Gina**  9am - 1pm | **Flourishing**  10.30am - 12.30am  **Swap to Stop**  1pm - 3pm |  |  | **Redeemed Christian Church of God**  10am-12pm |
| Mtg Rm 2 |  | **One to One Meditation**  9.30am - 2.30pm  (By appointment) | **Group Meditation**  (By appointment) | Sam / Gina | Georgina Whitaker  1pm - 3pm |  |  |
| Lower Ground Floor |  |  | **Co-operative Harmony Music Group**  10am -12 noon |  |  |  |  |