

RECOVERY CENTRE FESTIVE TIMETABLE 2023/2024

218 COWBRIDGE RD E, CARDIFF CF5 1GX

IN ADDITION TO OUR USUAL TIMETABLE - CONTACT US WITH ANY ENQUIRIES
FESTIVE SEASON NOT GOOD FOR YOU? YOU'RE NOT ALONE! JOIN US FOR SUPPORT.

MON	TUES	WEDS	THURS	FRI	SAT	SUN
<p>DEC 18TH MEMBERS FESTIVE RAFFLE TICKETS ON SALE (TICKETS £1)</p>	<p>DEC 19TH 1-3PM FESTIVE RECOVERY CENTRE QUIZ & NIBBLES - STAFF</p>	<p>DEC 20TH 2-3PM CHRISTMAS PLANNING (PEER SUPPORT GROUP)</p>	<p>DEC 21ST 1-3PM COMMUNITY ACTIVITY - MEMBERS FESTIVE PARTY</p>	<p>DEC 22ND 2-3PM XMAS PREP (PEER SUPPORT GROUP)</p>	<p>DEC 23RD 10AM-12PM FESTIVE MUSIC QUIZ</p>	<p>DEC 24TH 3.30-4.30PM LIGHT EXERCISE 10AM-12PM MAKE XMAS WORK FOR YOU WORKSHOP</p>
<p>DEC 25TH 12PM-4PM OPEN ACCESS & PHONE SUPPORT FESTIVE GAMES & QUIZ</p>	<p>DEC 26TH 12PM-4PM POST CHRISTMAS CHILL OUT & SUPPORT</p>	<p>DEC 27TH 10AM-12PM COMMUNITY ACTIVITY - FESTIVE BINGO WITH PRIZES</p>	<p>DEC 28TH 1-3PM COMMUNITY ACTIVITY: NEW YEAR THEMED MINDFULNESS SESSION</p>	<p>DEC 29TH 10AM-12PM FESTIVE QUIZ</p>	<p>DEC 30TH 1-3PM WOT - BARRY ISLAND 12PM-2PM FESTIVE GAMES</p>	<p>DEC 31ST 9AM-6PM OPEN ACCESS 8PM - 12:30AM NYE ONLINE HANGOUT RAFFLE DRAW!</p>
<p>JAN 1ST 12PM-4PM OPEN ACCESS & PHONE SUPPORT 1-3PM RESOLUTIONS WORKSHOP</p>	<p>JAN 2ND 9AM-5PM RETURN TO NORMAL HOURS AND TIMETABLE</p>	<p>JAN 3RD 10AM-12PM SELF HELP GROUP</p>	<p>JAN 4TH 1-3PM COMMUNITY ACTIVITY WITH SARAH, RACHEL AND TRUSTEES</p>	<p>JAN 5TH 10AM-12PM NEW YEARS QUIZ</p>	<p>JAN 6TH 12PM-2PM MOVIE AFTERNOON</p>	<p>JAN 7TH 3.30-4.30PM LIGHT EXERCISE</p>

OPEN 7 DAYS A WEEK 9AM-5PM - CHECK OUT BANK HOLIDAY OPENING HOURS

GET IN TOUCH: 07944851050 INFO@RECOVERYCYMRU.ORG.UK