Meridian Wellbeing Virtual Activities
January

Day	Date	Time (24hr)	Duration (mins)	Activity
Friday	1			**Closed**
Saturday	2			
Sunday	3			
Monday	4	11:00	120	Meridian Wellbeing: Wellbeing Club - Singing Class
	4	13:30	60	Meridian Wellbeing: Wellbeing Club - Tai Chi Exercise
		14:30	60	Meridian Wellbeing: Wellbeing Cub - Health Talk
		15:00	30	Meridian Wellbeing: Wellbeing Club - Group Exercise
		14:00	60	Covid-19 Webinar: Managing Challenging Emotions
		15:30	60	Covid-19 Webinar: Supporting Wellbeing and Positive Self-Care
Tuesday	5	13:30	60	Meridian Wellbeing: Wellbeing Club - Karaoke Singing Class
		15:00	60	Meridian Wellbeing: Wellbeing Club - Tai Chi Beginners Exercise Class
		15:30	90	Wellbeing Programme D: 5 Ways to Wellbeing
Wednesday	6	12:00	60	Chair Yoga
		17.00	60	Covid-19 CBT Webinar Programme: Group CBT - Anxiety (S5)
Thursday	7	13:30	60	Meridian Wellbeing: Wellbeing Club - Physical Exercise Class
		14:30	60	Meridian Wellbeing: Wellbeing Club - Health Talk
		10:00	60	Covid-19 Webinar: Managing Relations
		13:30	90	Wellbeing Programme G: Managing Anxiety
		18:00	60	Meridian Wellbeing: Peer Support Club
Friday	8	08:00	45	Mindfulness & Meditation
		11:00	60	Flower Arranging Class
Saturday	9			
Sunday	10			
Monday	11	11:00	120	Meridian Wellbeing: Wellbeing Club - Singing Class
		13:30	150	Meridian Wellbeing: Wellbeing Club - Tai Chi Exercise
		14:30	60	Meridian Wellbeing: Wellbeing Cub - Health Talk
		15:00	30	Meridian Wellbeing: Wellbeing Club - Group Exercise
		14:00	60	Covid-19 Webinar: Managing Challenging Emotions
		15:30	60	Covid-19 Webinar: Supporting Wellbeing and Positive Self-Care
Tuesday	12	13:30	60	Meridian Wellbeing: Wellbeing Club - Karaoke Singing class
		15:00	60	Meridian Wellbeing: Wellbeing Club - Tai Chi Beginners Exercise Class
Wednesday	13	12:00	60	Chair Yoga
		17.00	60	Covid-19 CBT Webinar Programme: Anxiety (S6 - end)
Thursday	14	13:30	60	Meridian Wellbeing: Wellbeing Club - Physical Exercise Class
		14:30	60	Meridian Wellbeing: Wellbeing Club - Health Talk
		10:00	60	Covid-19 CBT Webinar Programme: Managing Times of Change
		13:30	90	Wellbeing Programme G: Increasing Assertivness
		18:00	60	Meridian Wellbeing: Peer Support Club
Friday	15	08:00	45	Mindfulness & Meditation
		13:30	90	Wellbeing Programme E: My Journey so Far
		16.00	60	Covid-19 CBT Webinar Programme: Depression (C2, S1 - entry point) - TBC
Saturday	16			
Sunday	17			
Monday	18	11:00	120	Meridian Wellbeing: Wellbeing Club - Singing Class
		13:30	150	Meridian Wellbeing : Wellbeing Club - Tai Chi Exercise
		15:00	30	Meridian Wellbeing: Wellbeing Club - Group Exercise
		14:00	60	Covid-19 Webinar: Managing Challenging Emotions
		15:30	60	Covid-19 Webinar: Supporting Wellbeing and Positive Self-Care

Tuesday	19	14:30	60	Meridian Wellbeing: Wellbeing Club - Health Talk
		13:30	60	Meridian Wellbeing: Wellbeing Club - Karaoke Singing class
		10:00	60	Covid 19 Webinar: Managing Relations
		13:30	90	Wellbeing Programme D: Managing Self-Esteem
		15:00	60	Meridian Wellbeing: Wellbeing Club - Tai Chi Beginners Exercise Class
Wednesday	20	11:00	60	Tackling Hate Crime
		12:00	60	Chair Yoga
Thursday	21	13:30	60	Meridian Wellbeing: Wellbeing Club - Physical Exercise Class
		14:30	60	Meridian Wellbeing: Wellbeing Club - Health Talk
		18:00	60	Meridian Wellbeing: Peer Support Club
Friday	22	08:00	45	Mindfulness & Meditation
		11:00	60	Flower Arranging Class
		16.00	60	Covid 19 CBT Webinar Programme - Depression (C2, S2) - TBC
Saturday	23			
Sunday	24			
Monday	25	11:00	120	Meridian Wellbeing: Wellbeing Club - Singing Class
		13:30	150	Meridian Wellbeing: Wellbeing Club - Tai Chi Exercise
		14:30	60	Meridian Wellbeing: Wellbeing Club - Health Talk
		15:00	30	Meridian Wellbeing: Wellbeing Club - Group Exercise
		14:00	60	Covid-19 Webinar: Managing Challenging Emotions
		15:30	60	Covid-19 Webinar: Supporting Wellbeing and Positive Self-Care
Tuesday	26	10:00	180	Wellbeing Café and Wellbeing Day joint event
		10:15	30	Wellbeing Day: Dance Exercise Class
		10:45	30	Wellbeing Day: Learn about new services
		11:15	45	Wellbeing Day: Wellbeing Webinar
		12:00	60	Wellbeing Day: Music for Wellbeing
		13:30	60	Meridian Wellbeing: Wellbeing Club - Karaoke Singing class
		15:00	60	Meridian Wellbeing: Wellbeing Club - Tai Chi Beginners Exercise Class
		10:00	60	Covid-19 Webinar: Managing Times of Change
Wednesday	27	12:00	60	Chair Yoga
Thursday	28	13:30	60	Meridian Wellbeing : Wellbeing Club - Physical Exercise Class
		14:30	60	Meridian Wellbeing: Wellbeing Club - Health Talk
		18:00	60	Meridian Wellbeing: Wellbeing Club - Peer Support Club
Friday	29	08:00	45	Mindfulness & Meditation
		16.00	60	Covid-19 CBT Webinar Programme - Depression (C2, S3) - TBC
Saturday	30			
Sunday	31			