



New CrewECIAL Crisis Cafe Timetable

Monday - Music for Mental Health 4pm-6pm

Tuesday - Skillfull Sweets Society Baking Group 2pm-4pm

Wednesday - Health and Wellbeing Community Access 2pm-4pm & Meditation 6pm-8pm

Thursday - The Wellness Kitchen Cooking Group 5pm-7pm

Friday - Mind Matters Quiz Club 2pm-4pm

Saturday - Create and Thrive Arts and Crafts 3pm-5pm

Sunday - Distraction & Connection Games Day 2pm-4pm & Walk and Talk 4pm-6pm

Address- Flat 2, 3 Partridge Close, Dunwoody Way, Crewe, CW1 3TQ

For queries, contact: Sarah.Tongue@isl-uk.org

<https://www.isl-org.uk/crewECIAL/>