



Conversation Café

Is in the office every Monday at 1:30.

The first hour is a catch up, the second hour is for focus group work.

If you are interested in joining us then email concillia@mhngg.org.uk for more information or to be added to the mailing list.

T-Talk

Our T-Talk sessions are every Wednesday morning at 10:30. To book a place email concillia@mhngg.org.uk as places are limited.

Writing Group

The writing group meets every Wednesday at 1:30 in our office. Anyone interested in joining the group please email concillia@mhngg.org.uk

Wellness Group

The group meets on the last Monday of every month in the Network Office and if you are interested in coming along then please email concillia@mhngg.org.uk

Focus Group

The group meets every Friday afternoon in the Network Office.

If you are interested in finding out more about this group or the areas of work email concillia@mhngg.org.uk

Carers Group

Meets last Wednesday of each month. If you are interested then give please contact ann@mhngg.org.uk to find out more.

We Listen and Care

We Respect and Empower