

# Solent Mind opening times over the festive season

## Solent Mind Info Line

We can provide information and signpost you to local services:

Mon 17th - Fri 20th: 9.30am - 3.30pm  
Mon 24th: 9.30am - 3.30pm  
Thurs 27th - Fri 28th: 9.30am - 3.30pm  
Mon 31st: 9.30am - 3.30pm  
Weds 2nd Jan: 9.30am - 3.30pm

Please remember that our Info Line is not suitable for those in need of urgent help. For suitable contacts, please take a look at the 'Help in a Crisis' page.

## Peer Support

All scheduled peer support groups will run as normal until Monday 24th Dec. Scheduled groups will resume Wednesday 2nd Jan.

## Advocacy

Our Hampshire-wide Advocates will take telephone or email enquires on the following dates:

Mon 17th - Thurs 20th: 9am - 5pm  
Fri 21st: 9am - 4.30pm  
Mon 24th: 9am - 5pm  
Thurs 27th: 9am - 5pm  
Fri 28th: 9am - 4.30pm  
Mon 31st: 9am - 5pm  
Weds 2nd Jan: 9am - 5pm

## Italk

Outside of scheduled appointments, italk will take telephone or email enquires :

Mon 17th - Thurs 20th: 8am - 6pm  
Fri 21st: 8am - 16.30  
Mon 24th: 8am - 6pm  
Thurs 27th: 8am - 6pm  
Fri 28th: 8am - 16.30  
Mon 31st: 8am - 6pm  
Weds 2nd Jan: 8am - 6pm

## Remind

Mon 17th - Thurs 20th: 9am - 5pm  
Fri 21st: 9am - 4.30pm  
Mon 24th: 9am - 5pm  
Thurs 27th: 9am - 5pm  
Fri 28th: 9am - 16.30  
Mon 31st: 9am - 5pm  
Weds 2nd Jan: 9am - 5pm

## Mayfield Nurseries

Groups and support services are not available between Mon 24th Dec and Fri 5th Jan.

Mayfield is open to the public for Christmas trees, wreaths and festive gifts:

Mon 17th - Fri 21st: 8.30am - 4pm  
Sat 22nd: 9.30am - 12.30pm  
Mon 24th: 8.30am - 4pm  
Weds 2nd Jan: 8.30am - 4pm

## Wellbeing Centres

### Fareham

Mon 17th: 9am - 8pm  
Tues 18th: 9am - 9pm  
Wed 19th - Thurs 20th: 9am - 4pm  
Fri 21st: 9am - 1pm  
Mon 24th: 9am - 4pm  
Thurs 27th: 9am - 4pm  
Fri 28th: 9am - 1pm  
Mon 31st: 9am - 8pm  
Wed 2nd Jan: 9am - 9pm  
Thurs 3rd Jan: 9am - 4pm  
Fri 4th: 9am - 4pm\*

\*Fareham Wellbeing Centre will be closed for refurbishment from Monday 7th, opening again on Monday Jan 14th.

### Gosport

Tues 18th: 9am - 4pm  
Wed 19th: 12pm - 4pm  
Thurs 20th: 9am - 4pm  
Thurs 3rd Jan: 9am - 4pm

### Winchester & Eastleigh

Mon 17th - Thurs 20th: 9am - 5pm  
Fri 21st: 9am - 4.30pm  
Mon 24th: 9am - 3pm  
Thurs 27th - Fri 28th: 9am - 4pm  
Mon 31st: 9am - 3pm  
Wed 2nd Jan: 9am - 5pm  
Thurs 3rd Jan: 9am - 5pm  
Fri 4th Jan: 9am - 2.30pm

### Portsmouth

Mon 17th - Fri 21st: 9am - 4.30pm  
Mon 24th: 9am - 3pm\*  
Tues 25th: 10am - 2pm  
Thurs 27th: 12pm - 6pm\*  
Fri 28th: 9am - 4.30pm  
Sat 29th: 9.30am - 2pm  
Mon 31st: 9am - 5pm  
Wed 2nd Jan: 12pm - 8pm  
Thurs 3rd Jan: 12pm - 6pm  
Fri 4th Jan: 9am - 4.30pm  
Sat 5th Jan: 9.30am - 2pm

\*Monday 24th yoga group will not be running.

\*Friday 28th Cycling and Badminton groups will not be running.

### New Forest: Marcella House

Mon 17th - Fri 21st: 9am - 5pm  
Mon 24th: 9am - 2pm  
Fri 28th: 9am - 5pm  
Mon 31st: 9am - 2pm  
Wed 2nd Jan - Fri 4th : 9am - 5pm

### New Forest: The Hollies

Mon 17th: 9am - 5pm  
Tues 18th: 9am - 9pm  
Thurs 20th: 9am - 5pm  
Mon 24th: 9am - 2pm  
Thurs 27th: 9am - 3pm  
Mon 31st: 9am - 2pm  
Thurs 3rd Jan: 9am - 3pm

## Portsmouth Support & Recovery

### Employment Support

Mon 17th - Thurs 20th: 9am - 5pm  
Fri 21st: 9am - 4.30pm  
Mon 24th: 9am - 5pm  
Thurs 27th: 9am - 5pm  
Fri 28th: 9am - 4.30pm  
Mon 31st: 9am - 5pm  
Weds 2nd Jan: 9am - 5pm

### Community Peer Recovery

Mon 17th - Thurs 20th: 9am - 5pm  
Fri 21st: 9am - 4.30pm  
Mon 24th: 9am - 5pm  
Thurs 27th: 9am - 5pm  
Fri 28th: 9am - 4.30pm  
Mon 31st: 9am - 5pm  
Weds 2nd Jan: 9am - 5pm

### Solent Recovery College\*

Thurs 20th: 1pm - 3pm  
Fri 21st: 1pm - 3pm

\*Solent Recovery College will only be running their scheduled classes. If you'd like information on the college or would like to enrol, please contact SRC@solentmind.org.uk.

