

# Saturday Drop-In

## What happens when I first arrive?

When you first come along you'll be greeted by a friendly member of staff who will chat to you confidentially about what you need and how the drop-in or other NEW Mind services can help. They'll provide you with any information you need, show you around and introduce you to some of the group. You'll be given a "Welcome Leaflet" and, if you think you'd like to come back, we'll take your contact details so we can keep in touch with you about activities and events.

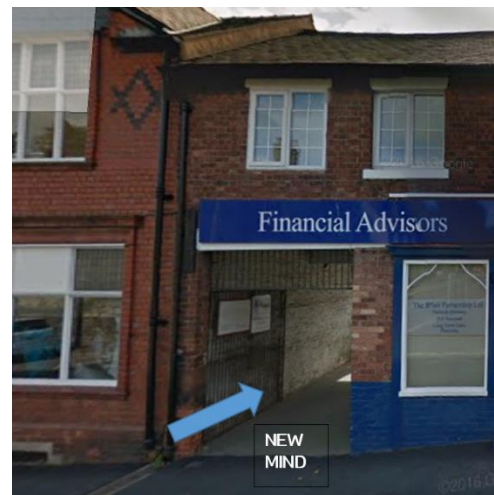
We will always try to provide a service over Bank Holiday weekends, however sometimes this may be limited. Services provided on public holidays will be subject to the availability of staff and volunteers and at the discretion of the NEW Mind Board of Directors.

## When and where is it?

The drop-in is held every Saturday between 1.00pm and 4.00pm at the the Wellbeing Centre, Mold, CH7 1EG.

Please come along for as long or short a time as you like.

From the town centre follow Chester Street as if heading towards Tesco. The drop-in is behind the red brick double fronted building (Oasis Dental Practice) which is second from the end of the row of businesses on the right hand side of the road and opposite the bus station. We are through the opening



leading to a rear courtyard and access is through the first door on the left.

### How much does it cost?

All regular activities and refreshments are FREE.

### How can I join?

Simply come along to the group on any Saturday afternoon, or if you'd like to talk to someone about joining us then please email [enquiries@newmind.org.uk](mailto:enquiries@newmind.org.uk) and let us know you're interested in coming along.