



FEBRUARY- APRIL 2026
PROGRAMMES TIMETABLE



Pop up service at RESTART (during drop-in).

Date (Friday) and time	Pop up	Details	Chat to
To be confirmed	Dr Hickey Visit	Two doctors visiting the drop in space to explain more about the Dr Hickey surgery	Marta (caseworker)
Every Friday	'Grab a book' pop up	Interested in reading? Ask a member of staff to look at a selection of new and second hand books where you can pick up books free of charge	Any staff member
6th February	Physical Health Posters	Posters offering advice on physical health topics like eye and foot care. For any serious concerns, please consult a doctor	Reception (on the night)

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6 th March	Programmes Feedback Box	Have ideas about future programmes you want to see us run before the drop-in? Let us know. Examples of existing programmes include Film Club, Quizzes, Zumba, Therapy Dogs	Tess/Olivia
10 th April (only until 8pm)	Foot health Clinic	A registered nurse will be present at our drop-in. Service includes foot washing, provision of clean socks, checking for wounds and signposting to the appropriate clinics in the borough. To sign up speak to Tess	Tess

Programmes running at RESTART- FEBRUARY-APRIL 2026 (before drop-in).



Date (Friday)	Session	Details	Sign up with
20 th February (4:30-5:45pm)	Board Game Session	A selection of board games for you to indulge in whether that's Connect4, Jenga, Guess Who	Tess/Olivia
6 th March (4:30-5:30pm)	Quiz	Test your knowledge! Rounds include on geography, history, and pop culture!	Tess
20 th March (4:30pm-5:30pm)	Zumba	A beginner-friendly group Zumba session using YouTube videos, open to all. The focus is on simple movements, uplifting music, and creating a relaxed, feel-good space to move at your own pace. No dance experience needed. Hygiene products (e.g. deodorant and wipes) will be provided afterward so participants can feel refreshed	Tess/Olivia
3 rd April (3:30pm-5:45pm)	Film Club	A favourite! All attendees can vote for their preferred film from a selection of four options. Sit back, relax, and enjoy the winning movie with some tasty snacks and a warm cup of coffee or tea	Tess