

July 2026							
Mon	Tues	Weds	Thurs	Fri	Sat	Sun	
		1	2	3	4	5	
			Beat Surgery Clifton Library 10:00- 11:00hrs				
6	7	8	9	10	11	12	
	Beat Surgery Wilford Coop 17:00- 18:00hrs						
13	14	15	16	17	18	19	
		Beat Surgery Clifton Village Hall 17:00- 18:00hrs					
20	21	22	23	24	25	26	
	Lets Talk Hope Centre Café. 11:00- 12:00		Lets Talk Esquires Café 14:00- 15:00	Beat Surgery Noble Road Shops 17:00- 18:00hrs			
27	28	29	30	31			
				Beat Surgery Silverdale Shops 10:00- 11:00hrs			