



Registered Charity No: 1106520

Activity Centre

Offering; Information - Advice - Support / Mental - Physical - Emotional

April 2016

9 - 1pm Monday to Wednesday / Thursday 9 - 3pm

Well being

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4th 10-1pm</p> <p>The Matthew Project Support group for advice about drugs & alcohol</p>	<p>5th</p> <p>Writers Workshop 10.00am - 12.30am NDA Hearing Aid Support Mytime Health Adviser</p>	<p>6th ALL WELCOME Easter Fayre Fun - Games - Prizes - Events</p>  <p>10am - 1pm</p>	<p>7th</p> <p>Cooking group with Jill @ 10.30 am</p> <p>For SALE DAY BRING & BUY</p>	<p>8th Closed</p> <p>Support Service in Dereham</p>
<p>11th</p> <p>The Matthew Project 10-1</p> <p>Community Cafe All welcome</p>	<p>12th</p> <p>NDA Hearing Aid Support Mytime Health Adviser Arts & crafts group starts@10</p>	<p>13th</p> <p>Beading Group with Sandra 10.30 Painting workshop @ 10.30</p>	<p>14th</p> <p>Clay Group with Jane @ 11 Archive Presentation 11am-12noon</p>	<p>15th Closed</p> <p>Support Service in Dereham</p>
<p>18th</p> <p>The Matthew Project 10-1 Friendship Group All welcome</p>	<p>19th Food Labelling 11.30 NDA Hearing Aid Support 10-12 Arts & crafts group starts@10 Gentle seated exercise 10.30 -11.30 Every month</p>	<p>20th</p> <p>Beading Group with Sandra 10.30 Counselling Please book</p>	<p>21st</p> <p>Crystal learning Workshop / Event Colouring / Painting / crafts</p>	<p>22nd Closed</p> <p>Support Service in Dereham</p>
<p>25th</p> <p>The Matthew Project 10-1 Making Jam tarts starts @ 10</p>	<p>26th</p> <p>NDA Hearing Aid Support 10-12 Arts & crafts group starts@10</p>	<p>27th</p> <p>Beading Group with Sandra 10.30 Counselling Please book</p>	<p>28th</p> <p>Cooking Group Starts at 10.30 with Jill</p>	 <p>LOTTERY FUNDED</p>
<p>29th The Matthew Project</p>	<p>Oak Street Fakenham Norfolk NR21 9DY E-mail:- info@firstfocus.org.uk Website:- www.firstfocus.org.uk</p>			



Day Service Provider