



Registered Charity No: 1106520

Activity Centre

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

April 2018

9am till 1pm, Monday to Wednesday, Thursday 9am till 3pm

Wellbeing

Monday	Tuesday	Wednesday	Thursday	Friday
2nd Easter Monday Closed Stress Awareness Month	3 rd NDA Hearing Aid Support	4 th Sequin Art 10-12 Community Cafe	5 th Community Cafe Information and support	6 th Community Outlet Open 4 days a week
9 th Easter Card Making Community Café	10 th - NDA Hearing Aid Support 10-12 Bill's Arts group	11 th - Community Café Learn to sew 10-12	12 th Cooking with Jill@10.30 Drawing Made easy	13 th Community outlet Open 4 days a week
16 th - Writers Workshop@10 Cotton wool & string Making	17 th -NDA Hearing Aid Support 10-12 Gentle seated exercise 10.30 -11.30 Every month	18 th - Learn to Crochet Community Café	19 th - Rummage sale Clay Group Arts and crafts	20 th Community outlet Open 4 days a week
23 rd - Community Café Stress advice day!	24 th NDA Hearing Aid Support Art Group 10-12 Stress collage making	25 th - Community Café Embroidery 10-12	26 th - Cooking group@10.30 Advice always available	
30 th - Community Cafe Lollipop Making, Painting	31 st NDA Hearing Aid Support - Lonely speeding Dating / Friendship			

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Day Service Provider