



Registered Charity No: 1106520

**Information-Advice-Support
Mental-Physical-Emotional Wellbeing**

Monday	Tuesday	Wednesday	Thursday	Friday
1 st Writers Workshop group @ 10am Job Support 11.30 – 12.30	2 nd NDA Hearing Aid Support 10-12pm Bills supporting art group 10	3 rd Community Café Day Creative crafts	4 th Cooking club 10-12 Job Club 11.30-12.30	<p>First Focus Offers Benefit Support and advice</p> <p>First Focus Offers UC support and PIP support</p> <p>First Focus Offers psychological support</p>
8 th Job Support 11.30 – 12.30 Arts and crafts	9 th NDA Hearing Aid Support 10-12pm Bills supporting art group 10	10 th Community Café Day Help, advice & support Care and share ideas	11 th Easter Bingo from 10.30 Job club 11.30-12.30	
15 th Job Support 11.30 – 12.30 Arts and Crafts 10 Help with CV writing	16 th NDA Hearing Aid 10-12 Bills supporting art group Gentle seated exercise class 10.30-11.30	17 th Community Café Day Easter Arts and Crafts	18 th Bring and buy sale Job club 11.30 12.30 Easter Card Making	
22 nd Bank Holiday Closed 	23 rd NDA Hearing Aid support Bills supporting art group	24 th Community Café Group Collage Come down and join in	25 th Cooking Club 10 – 12 Job club 11.30-1230 IT Course 10-12.30 “Improve your Digital Skills” Contact us for information	
29 th Writers workshop @ 10am	30 th NDA Hearing Aid 10-12pm			