



Registered Charity No: 1106520

Activity Centre

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

August 2016

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

Wellbeing

Monday	Tuesday	Wednesday	Thursday	Friday
1 st - Community Cafe Young person's support services (YPSS) @ 10	2 nd - Writers Workshop - 10 NDA Hearing Aid Support 10-12 Arts & crafts group	3 rd Counselling Please book Cognitive Stimulation Therapy 11.30-12.30	4 th Cooking Group @10.30 Learn practical Cooking Skills Nutritional advice	5 th Fakenham's Community Outlet
8 th - Community Cafe Young person's support services (YPSS) @ 10	9 th - NDA Hearing Aid Support 10-12 Arts & crafts group	10 th - Fairy Cake Baking & Decorating 10-12 Cognitive Stimulation Therapy 11.30-12.30	11 th - Art Therapy Colouring/painting/crafts Tea Party (Garden Party)	12 th Fakenham's Community Outlet
15 th - Community Cafe Young person's support services (YPSS) @ 10	16 th - Hearing Aid Support Arts & crafts group @10 Gentle seated exercise 10.30 -11.30 Every month	17 th - Counselling Please book Cognitive Stimulation Therapy 11.30-12.30	18 th - Mind carers group!!! Information support Minds Carers group	19 th Fakenham's Community Outlet
22 th - Community Cafe Young person's services (YPSS) @ 10	23 rd NDA Hearing Aid Support Arts & crafts group 10.30	24 th - Cooking group Apple Pie Baking and decorating 10-12 Cognitive Stimulation Therapy 11.30-12.30	25 th - Ready Steady Cook Cooking demonstration come and join Jill & Sarah. Watch & taste 10.30&1 start	
29 th - Closed Bank Holiday	30 th - NDA Hearing Aid support 10-12 Arts & crafts group 10.30	31 st Counselling Please book Cognitive Stimulation Therapy 11-30 -12.30		

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Day Service Provider