


August

Day Service Provider



Registered Charity No: 1106520

Information-Advice-Support Mental-Physical-Emotional Wellbeing

Monday	Tuesday	Wednesday	Thursday	Friday
			1st Peers Support Group@ 10 am Group Crafts	
5th Writers work shop 10 am Arts and crafts	6th NDA Hearing Aid Support 10-12pm + Art group * Martha & Me* providing a 6-week Craft Programme!! * 'Mod Roc and weaving'*	7th Community Café Day Help, advice & support Care and share ideas	8th First Focus Birthday Party <i>x 17 years x</i> NNAB info 10 - 11	
12th Daily support provided Mental, emotional & practical	13th NDA Hearing Aid 10-12 Bills supporting art group *Crafts= Crochet & ceramics* All welcome xxxx	14th Community Café Day Games & puzzles	15th Peer Support 10am Bring &Buy from 9 am An introduction to Family History	
19th Community Fridge New produce Daily All Welcome x	20th NDA Hearing Aid support Bills supporting art group Gentle seated exercise class 10.30-11.30 T-shirts & Twig Crafts	21st Community Café Providing support Advice and friendship xxx	22nd Peer support Group 10 am Quilt Making Project Arts & Crafts	
26th Closed Bank Holiday	27th Mosaic & Bottle lid crafts NDA Hearing Aid 10-12pm	28th Community Café	29th Baking Club from 11 am	

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