



Registered Charity No: 1106520

# Activity Centre

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

February 2016

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

**Well being**

Monday	Tuesday	Wednesday	Thursday	Friday
1st 10-1pm <b>The Matthew Project</b> Support group for advice about drugs & alcohol	2nd <b>Writers Workshop</b> 10.30am - 12.30am NDA Hearing Aid Support 10-12	3rd <b>Counselling Please book</b> Art & Crafts	4th Cooking Group @10.30 Time to Talk - About Mental Health Day!!! <b>time to change</b>	5th Closed
8th <b>The Matthew Project 10-1</b> <b>Games Day!</b> Community Cafe All welcome	9th <b>Pancake Day</b> come & join us in making & eating pancakes NDA Hearing Aid Support 10-12 Arts & crafts group starts@10	10th <u>Citizens Advice Bureau</u> <b>Counselling Please book</b> Community Cafe <b>Mindful colouring -10.30 Group</b>	11th <b>Bring &amp; Buy</b> <b>Clay Group starts - 10.30</b>	12th Closed
15th <b>The Matthew Project 10-1</b> <b>Friendship Group</b> <b>All welcome</b>	16th NDA Hearing Aid Support 10-12 Arts & crafts group starts@10 <b>Gentle seated exercise</b> 10.30 -11.30 Every month	17th <u>Citizens Advice Bureau</u> Depression- Information Day	18th <b>ART THERAPY</b> Colouring / Painting / crafts	19th Closed
22nd <b>The Matthew Project 10-1</b> <b>Information Day on all topics</b>	23rd <b>Exercise for Arthritis @ 10.30</b> NDA Hearing Aid Support 10-12 Arts & crafts group starts@10	24th <u>Citizens Advice Bureau</u> <b>Counselling Please book</b>	25th <b>Cooking Group</b> <b>Starts at 10.30</b>	
29th <b>The Matthew Project</b>				



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**Day Service Provider**