



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



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Day Service Provider