



Activity Centre




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

February 2018

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

Wellbeing

Monday	Tuesday	Wednesday	Thursday	Friday
			1st Cooking 10.30 With Jill	Community outlet Open 4 days a week
5th Writers workshop@10 Depression Collage @10.30	6th NDA hearing aid support 10-12 every Tuesday Arts @ 10 am	7th Metal Painting Arts and crafts Good 2b me Course	8th Still life Drawing Trading standards Scam Talk @ 10.30	Community outlet Open 4 days a week
12th *Love Week* Valentine card Making Information and support	13th NDA Support Art Group Share the Love through Art	14th Good 2B Me course Love yourself	15th Indoor car boot sale Book a table (Free) Love A bargain	Community outlet Open 4 days a week
19th Arts & Crafts Community Cafe	20th NDA Hearing Aid support Gentle seated exercise 10.30 – 11.30	21st Colouring workshop Good 2B me Course	22nd Cooking 10.30 One to one Financial advice please book. 01328 855083	 LOTTERY FUNDED
26th Arts & Crafts	27 th 10am – 12 noon NDA Hearing aid support	28th Good 2b me course		

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Day Service Provider