



Registered Charity No: 1106520

Activity Centre

Community Outlet

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

January 2017

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

Wellbeing

Monday	Tuesday	Wednesday	Thursday	Friday
2nd Happy 2017 x Closed	3rd NDA Hearing Aid Support 10-12 Arts & crafts group	4th Creative Wednesdays	5th Cooking Group @10.30 Jackie's cards For Sale MUSICAL KEYS	6th Closed
9th Writers workshop shop@10 Community Café	10th – NDA Hearing Aid Support 10-12 Arts & crafts group	11th - Community Café All welcome	12th – Diabetic group with A talk from Juli Grand Minds carers group Musical keys 12.45-1.30	13th Closed in Fakenham Open in Dereham for one to one Support You need to Book
16th – Community Café All welcome	17th - NDA Hearing Aid Support 10-12 Arts & crafts group Gentle Seated Exercise 10.30 -11.30 Every month	18th – Arts and crafts Community Café	19th – Neil Chapman from Stroke Association 11-12 Talk and question and answer session, all welcome.	20th Closed in Fakenham Open in Dereham for one to one Support You need to Book
23rd- Community Cafe All Welcome	24th NDA Hearing Aid Support 10-12 Arts & crafts group	25th- Community Café Drop in!	26th – Clay Group @ 10.30 Musical keys@12.45 Cooking group@10	
30th- Community Cafe	31st NDA Hearing Aid Support 10-12 Arts & crafts group			

ArOak Street, Fakenham, Norfolk, NR21 9DY E-mail:- info@firstfocus.org.uk Website:- www.firstfocus.org.uk



Day Service Provider