

January 2020

Day Service Provider

Information-Advice-Support Mental-Physical-Emotional Wellbeing



Registered Charity No: 1106520

Monday	Tuesday	Wednesday	Thursday	Friday
6 th Writers Workshop @10 am	7 th NDA Hearing Aid Support 10-12pm Bills supporting art group 10 Room 101 conversation	8 th Community Café Pom Pom crafts	9 th Jewellery Making Diabetic group 11.30	10 th Dereham out reach 10am – 2pm
13 th Brew Monday Cuppa and a chat Various crafts	14 th NDA Hearing Aid Support 10-12pm Bills supporting art group 10 Fudge making from 10 am	15 th Community Café Daily Decorative Planting	16 th Help with Writing and spelling Remembering the last decade	
20 th Yarn Wrapping art Cervical Cancer prevention week, advice and information	21 st NDA Hearing Aid Support 10-12pm Bills supporting art group 10 Budget cooking Gentle seated exercise 10.30	22 nd Community Café Daily Tracing Family Trees	23 rd Learn to Draw Bingo from 10.30 am	
27 th Making Flower Fairies	28 th NDA Hearing Aid Support 10-12pm Bills supporting art group 10 “No Cold Calling” advice & info	29 th Community Café Marble Painting	30 th Baking club from 10.30 am & various Arts & Crafts	 LOTTERY FUNDED

Oak Street, Fakenham, Norfolk, Nr219Dy Email: info@firstfocus.org.uk TEL: 01328 855083