



Registered Charity No: 1106520

# Activity Centre

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

July 2016

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

**Wellbeing**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4th – Drug and alcohol advice <b>Young person’s support Service (YPSS)</b></p>	<p>5th – <b>NDA</b> Hearing Aid Support 10-12 Arts &amp; crafts group Writer workshop 10 – 1pm</p>	<p>6th - Counselling Please book <b>CST Therapy</b> <b>10.30 – 11.45am</b></p>	<p>7th – <b>Cooking Group</b> 10.30 Learn cooking skills and nutritional advice</p>	<p>8th <b>Outreach Service in Dereham</b></p>
<p>11th - Drug and alcohol advice <b>Young person’s support Service (YPSS)</b> Community Cafe</p>	<p>12th - <b>NDA</b> Hearing Aid Support 10-12 Arts &amp; crafts group @10</p>	<p>13th – <b>Trip - Tour of Bretts Wood</b> <b>11am – 2pm</b> CST Therapy 10.30-11.45</p>	<p>14th - Sommes commemoration Day! ART THERAPY Colouring / Painting / crafts</p>	<p>15th <b>Outreach Service in Dereham</b></p>
<p>18th Drug and alcohol advice <b>Young person’s support Service (YPSS)</b> Community Cafe <b>All Welcome</b></p>	<p>19th <b>NDA</b> Hearing Aid Support <b>Gentle seated exercise</b> <b>10.30-11.30</b></p>	<p>20th – Counselling Please Book. <b>Cognitive stimulation Therapy</b> 10.30 – 11.30</p>	<p>21st – Mind Carers Group !! Information Support <b>Minds</b> carers group</p>	<p>LOTTERY FUNDED</p>
<p>25th - Drug and alcohol advice <b>YPSS</b> Community Cafe</p>	<p>26th - <b>NDA</b> Hearing Aid support 10-12</p>	<p>27th - <b>CST Therapy</b> 10.30-11.45 Counselling Please book</p>	<p>28th - <b>Cooking Group</b> 10.30 Learn practical Cooking Skills Nutritional Advice</p>	

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*Day Service Provider*