



Registered Charity No: 1106520

Activity Centre

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

July 2017

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

Wellbeing

Monday	Tuesday	Wednesday	Thursday	Friday
3rd Writers workshop@10 Community Cafe	4th NDA Hearing Aid Support Monster Making starts - 10	5th Community Café Arts and crafts with Dorinda	6th Cooking group@10.30 Musical Keys 12.45-1.30 Bring and Buy	7th Community Outlet Open 4 days a week
10th Community cafe All Welcome	11 th 11am Training communicating with a person with sight loss NDA Hearing Aid Support	12th Community Café Arts and crafts with Dorinda	13th Mind carers group Diabetic Group 11.30-12.30 cooking demo with Jill	14th Community outlet Open 4 days a week
17th Community Café All Welcome	18th Arts & crafts group Gentle seated exercise 10.30 -11.30 Every month	19th Arts and crafts with Dorinda 10 - 12 Community Café	20th Musical keys 12.45-1.30 Cooking Group @10.30 Clay Group	21st Community outlet Open 4 days a week
24th Workshop Understanding Anxiety! 10.30am onwards	25th NDA Hearing Aid Support Gardening with 'Will' Ask for more information	26th Community Café Arts and Crafts Dorinda Crafts club	27th Disability & Discrimination Talk with Joan Latta 12pm all welcome - certificated	
31st Community Cafe		'Next month we have Joy of food at First Focus'	5 week course Please contact us to Register your interest'	

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Day Service Provider