

# July

# Day Service Provider



Registered Charity No: 1106520

## Information-Advice-Support

Mental-Physical-Emotional Wellbeing

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1<sup>st</sup></b> Writers Workshop group @ 10am Community café everyday	<b>2<sup>nd</sup></b> NDA Hearing Aid Support 10-12pm Bills supporting art group 10	<b>3<sup>rd</sup></b> Community Café Day Creative crafts	<b>4<sup>th</sup></b> <b>TABLE TOP SALE TODAY</b> mental health peer support@ 10 CRAFTS= Mobile making from 11	<b>Dereham Support Booking essential</b>
<b>8<sup>th</sup></b> Community Fridge open daily All welcome	<b>9<sup>th</sup></b> NDA Hearing Aid Support 10-12pm Bills supporting art group 10	<b>10<sup>th</sup></b> Community Café Day Arts and Crafts & Games	<b>11<sup>th</sup></b> Peer Support Group @ 10 am Spoon Crafting Diabetic group 11.30	<b>Closed</b>
<b>15<sup>th</sup></b> Advice and support Available every day	<b>16<sup>th</sup></b> NDA Hearing Aid 10-12 Bills supporting art group <b>Gentle seated exercise class 10.30-11.30</b>	<b>17<sup>th</sup></b> Community Café Day <b>Emotional support g. Available daily</b>	<b>18<sup>th</sup></b> Peer support group@10 Today's Craft 'collage'	<b>Closed</b>
<b>22<sup>nd</sup></b> <b>Community Café</b> Various activities available	<b>23<sup>rd</sup></b> NDA Hearing Aid support Bills supporting art group	<b>24<sup>th</sup></b> Community Café Day Daily crafts	<b>25<sup>th</sup></b> Peer Support @ 10 am <b>Celebrate Norfolk Day</b> Baking group from 11 am	<b>Closed</b>
<b>29<sup>th</sup></b> Community Café Come along and make some new friends xxx <b>Advice and support available</b>	<b>30<sup>th</sup></b> NDA Hearing Aid support Bills supporting art group	<b>31<sup>st</sup></b> Community Café creative arts & Crafts		

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