



Registered Charity No: 1106520

Activity Centre

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

June 2016

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

Wellbeing

Monday	Tuesday	Wednesday	Thursday	Friday
		1st One to One help with IT Counselling Please book	2nd Arts and Crafts Cooking Group @10.30 Learn practical Cooking Skills Nutritional advice	3rd Outreach Service In Dereham
6th - The Matthew Project 10-1 Drug and alcohol advice Community Cafe	7th – Writers Workshop NDA Hearing Aid Support 10-12 Arts & crafts group	8th - One to One help with IT Counselling Please book	9th - Clay Group starts - 10.30	10th Outreach Service In Dereham
13th - The Matthew Project 10-1 Drug and alcohol advice Community Cafe	14th - NDA Hearing Aid Support 10-12 Arts & crafts group @10 Gentle seated exercise 10.30 -11.30 Every month	15th - One to One help with IT Counselling Please book	16th - Mind Carers group ART THERAPY Colouring / Painting / crafts Alzheimer's Cup Cake Day	17th Outreach Service In Dereham
20th - The Matthew Project 10-1 Drug and alcohol advice Community Cafe	21st NDA Hearing Aid Support Arts & crafts group 10.30	22nd - One to One help with IT Cognitive stimulation Therapy 10.30 – 11.45	23rd LEGO DAY – BUILD A GIANT MODEL	
27th - The Matthew Project 10-1 Drug and alcohol advice Community Cafe	28th - NDA Hearing Aid support 10-12 11-11.30	29th - Cognitive Stimulation Therapy 10.30 – 11.45 One to One help with IT	30th - Cooking Group 10.30 Learn practical Cooking Skills Nutritional Advice	

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Day Service Provider