



Registered Charity No: 1106520

Activity Centre

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

March 2016

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

Wellbeing

Monday	Tuesday	Wednesday	Thursday	Friday
	1st - Writers Workshop 10.30am - 12.30am Arts and crafts Hearing Aid Support 10-12	2nd - Citizens Advice Bureau Counselling Please book Art & Crafts	3rd - Cooking Group @10.30 Learn practical Cooking Skills Nutritional advice	
7th - The Matthew Project 10-1 Drug and alcohol advice Community Cafe	8th - NDA Hearing Aid Support 10-12 Arts & crafts group	9th - Citizens Advice Bureau Counselling Please book No Smoking Day !!!	10th - Diabetes Cooking Demo with Jill -11.30 -12.30 Bring & Buy Clay Group starts - 10.30	
14th - The Matthew Project 10-1 Drug and alcohol advice Community Cafe	15th - NDA Hearing Aid Support 10-12 Arts & crafts group @10 Gentle seated exercise 10.30 -11.30 Every month	16th - Citizens Advice Bureau Dementia Friend Training session 11.30 -12.30 Counselling Please book	17th - Mind Carers group ART THERAPY Colouring / Painting / crafts Brain Awareness Week	
21st - The Matthew Project 10-1 Drug and alcohol advice Community Cafe All welcome	22nd - 11-11.30 Fats & Sugars session NDA Hearing Aid Support Arts & crafts group 10.30	23rd - Citizens Advice Bureau Counselling Please book	24th - Information Support Day Come in to find information on many subjects – Please Drop In	
28th - The Matthew Project 10-1 Drug and alcohol advice Community Cafe	29th - NDA Hearing Aid support 10-12 11-11.30 Food Labelling Session	30th - Citizens Advice Bureau Counselling Please book	31st - Cooking Group 10.30 Learn practical Cooking Skills Nutritional Advice	

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Day Service Provider