



Registered Charity No: 1106520

Activity Centre & Community Outlet

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

**March
2017**

9am till 1pm, Monday to Wednesday, Thursday 9am till 3pm
Our Millers Walk Café is open 5 Days a week.

Wellbeing

Monday	Tuesday	Wednesday	Thursday	Friday – Not Open
		1 st Arts and crafts with Dorinda 10 – 12 all welcome	2 nd Cooking Group @ 10.30 Musical keys 12.45-1.30	3 rd Community Outlet Open 4 days a week
6 th Writers workshop shop@10 Community Café	7 th 10-12 Arts & crafts painting on wood / CD Sale	8 th No Smoking Day Community Café Arts and crafts with Dorinda	9 th Mind carers group Diabetic Group/Quiz	10 th Community outlet Open 4 days a week in
13 th Advise on Technology Community Café	14 th Arts & crafts group @10 10.30 -11.30 Every month	15 th Arts and crafts with Dorinda 10 - 12 Community Café	16 th Badge Making Day !!! Arts and Crafts Musical keys@12.45	17 th Community outlet Open 4 days a week
20 th Community Cafe All Welcome	21 st Arts & crafts group Information & advice Gentle seated exercise 10.30 -11.30 Every month	22 nd Community Café Arts and Crafts 10-12	23 rd First Focus open day Come along 1pm to 2.30pm	
27 th Advise on Technology	28 th Arts & crafts group @10	29 th Arts and Crafts @ 10 painting / Book SALE "!!!!	30 th Hobbies share day Please bring in your craft	

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Day Service Provider