



Registered Charity No: 1106520

**Information-Advice-Support
Mental-Physical-Emotional Wellbeing**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| <p>4th Writers Workshop group @ 10am Job Support 11.30 – 12.30</p> | <p>5th NDA Hearing Aid Support 10-12pm Bills supporting art group 10 Pancake day</p> | <p>6th Community Café Day Creative crafts Bring your collections in</p> | <p>7th Bring and buy Sale Job Club 11.30-12.30</p> | <p>First Focus Offers Benefit Support and advice</p> |
| <p>11th Job Support 11.30 – 12.30 Arts and crafts</p> | <p>12th NDA Hearing Aid Support 10-12pm Bills supporting art group 10</p> | <p>13th Community Café Day No smoking day! Help, advice & support Care and share ideas</p> | <p>14th Bingo from 10.30 Cooking Group With Diabetic Group 10-12 Job club 11.30-12.30</p> | <p>15th First Focus Offers UC support and PIP support</p> |
| <p>18th Job Support 11.30 – 12.30 Arts and Crafts 10 Help with CV writing</p> | <p>19th NDA Hearing Aid 10-12 Bills supporting art group Gentle seated exercise class 10.30-11.30</p> | <p>20th Community Café Day Arts and Crafts Share Hobbies</p> | <p>21st Job club 11.30 12.30 World poetry day Share your poetry with us</p> | <p>22nd First Focus Offers psychological support</p> |
| <p>25th Job Support 11.30 – 12.30 Arts and crafts Mental health advice and support</p> | <p>26th NDA Hearing Aid support Bills supporting art group "Purple Day" Epilepsy day come & get support and advice</p> | <p>27th Community Café Card making/ crafts Making FRIENDS day</p> | <p>28th Cooking Club 10 – 12 Job club 11.30-1230 Archive presentation 10am</p> | |