

# March 2020

# Day Service Provider

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



Registered Charity No: 1106520

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>2<sup>nd</sup></b> Writers Workshop @10 am New Book Launch. <b>Arts &amp; Crafts</b>	<b>3<sup>rd</sup></b> NDA Hearing Aid Support 10-12pm Bills supporting art group 10 National Hearing day	<b>4<sup>th</sup></b> Community Café General Knowledge quiz <b>National salt awareness day</b>	<b>5<sup>th</sup></b> Making Fridge Magnets Sewing club weekly Mental health support	<b>6<sup>th</sup></b> Dereham out reach 10am – 2pm
<b>9<sup>th</sup></b> Coffee & Chat every day <b>Drawing for beginners</b>	<b>10<sup>th</sup></b> NDA Hearing Aid Support 10-12pm Bills supporting art group 10 <b>Pebble Craft</b>	<b>11<sup>th</sup></b> Community Café Daily <b>Button Craft</b> <b>National no smoking Day</b>	<b>12<sup>th</sup></b> <b>Savoury Dish-Cooking</b> <b>Help with C. V's</b>	<b>13<sup>th</sup></b>
<b>16<sup>th</sup></b> <b>Basic Sign Language</b> Disability Access Day Music though the Decades Various Crafts	<b>17<sup>th</sup></b> NDA Hearing Aid Support 10-12pm Bills supporting art group 10 <b>Plate photo Frames</b>	<b>18<sup>th</sup></b> Community Café Daily Celebrating Mothers for Mother's Day <b>Mum related quiz</b>	<b>19<sup>th</sup></b> <b>Senses Quiz</b> Healthy eating-swapping high fat and salt for healthier options.	<b>20<sup>th</sup></b>
<b>23<sup>rd</sup></b> Tea and Company Help with reading & and writing <b>Intergenerational day</b>	<b>24<sup>th</sup></b> NDA Hearing Aid Support 10-12pm Bills supporting art group 10 <b>Mosaic Art</b>	<b>25<sup>th</sup></b> Community Café & Making <b>Reminiscing the last decade</b>	<b>26<sup>th</sup></b> <b>Baking club from 10</b> Arts & Crafts	

Oak Street, Fakenham, Norfolk, Nr219Dy Email: [info@firstfocus.org.uk](mailto:info@firstfocus.org.uk) TEL: 01328 855083