



Registered Charity No: 1106520

# Activity Centre

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

**May 2016**

9 - 1pm Monday to Wednesday / Thursday 9 - 3pm

**Well being**

Monday	Tuesday	Wednesday	Thursday	Friday
2 <sup>nd</sup> <b>Closed Bank Holiday</b>	3 <sup>rd</sup> <b>Writers Workshop</b> 10.00am -12.30am <b>NDA Hearing Aid Support</b> 10am-12 noon	4 <sup>th</sup> <b>Beading with Sandra</b> Counselling Please Book Community Cafe	5 <sup>th</sup> <b>Free Health MOT 5th 9-1pm</b> <b>Cooking group @ 10.30 am</b> All Welcome	6 <sup>th</sup> <b>Closed</b> Support Service In Dereham Library
9 <sup>th</sup> <b>The Matthew Project</b> 10-1 <b>Creative arts group</b> Community Cafe All welcome	10 <sup>th</sup> <b>NDA Hearing Aid Support</b> 10-12 Arts & crafts group starts@10	11 <sup>th</sup> <b>Beading with Sandra</b> Counselling Please book Craft Group <b>Volunteer training</b>	12 <sup>th</sup> <b>International Awareness Day</b> <b>for Chronic Immunological</b> <b>and Neurological Diseases</b>	13 <sup>th</sup> <b>Closed</b> Support Service in Dereham Library
16 <sup>th</sup> <b>The Matthew Project 10-</b> <b>Creative Arts Group</b>	17 <sup>th</sup> NDA Hearing Aid support 10-12 <b>Gentle seated exercise</b> 10.30 -11.30 Every month	18 <sup>th</sup> <b>Dementia Group Session</b> Counselling Please book Community Cafe	19 <sup>th</sup> <b>DEMENTIA DAY</b> - Group Session 10.30-11.30 <b>Clay Group ART THERAPY</b> Colouring / Painting / crafts	20 <sup>th</sup> <b>Closed</b> Support service in Dereham Library
23 <sup>rd</sup> <b>The Matthew Project 10-1</b> <b>Mental Health awareness</b> <b>Creative Arts Group</b>	24 <sup>th</sup> <b>NDA Hearing Aid support</b> <b>10am – 12noon</b> Arts & crafts group starts@10	25 <sup>th</sup> <b>Beading with Sandra</b> Counselling Please book Young Persons Support Sessions YPSS	26 <sup>th</sup> <b>Cooking Group</b> <b>Starts at 10.30</b>	
30 <sup>th</sup> <b>Closed Bank Holiday</b>	31 <sup>st</sup> <b>NDA Hearing Aid</b> <b>support 10am – 12noon</b> Arts & crafts group starts@10	<b>Oak Street Fakenham Norfolk NR21 9DY E-mail:- info@firstfocus.org.uk</b>		

www.firstfocus.org.uk



**Day Service Provider 01328 855083**