



Registered Charity No: 1106520

Activity Centre

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

Nov 2016

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

Wellbeing

Monday

Tuesday

Wednesday

Thursday

Friday



1st
NDA hearing aid Support
10-12

2nd
Community Café
Art workshop with the Art shed!! All abilities welcome

3rd
Cooking Group @10.30
Diabetic Group with Alirae
Bunkle Diabetic specialist

4th
Community Outlet
Open 4 days a week

7th
Writers workshop shop@10
Community Café

8th -
NDA Hearing Aid Support
10-12 Arts & crafts group

9th -
Community Café
Art with the Art shed

10th -
Clay group@10
Mind Carers Group

11th
Community outlet
Open 4 days a week

14th -
Community Café
World Diabetes Day

15th - NDA Hearing Aid Support 10-12
Arts & crafts group @10
Gentle seated exercise
10.30 -11.30 Every month

16th -
Anti bullying awareness
Community Café
Art with the Art shed

17th -
Art Therapy
Alcohol awareness day
Advice and information

18th
Community outlet
Open 4 days a week

21st -
Community Cafe
No need to be alone!!
All welcome

22nd
NDA Hearing Aid Support
Gentle seated exercise
10.30 -11.30 Every month

23rd -
Community Café
Art with the Art Shed

24th -
FIRST FOCUS CHRISTMAS FAIR
Cooking group@10

28th -Community Café



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Day Service Provider