



Registered Charity No: 1106520

Activity Centre

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

Nov 2017

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

Wellbeing

Monday	Tuesday	Wednesday	Thursday	Friday
		1 st Wildlife walk 10.30 Pre booking required Arts and crafts with Dorinda	2 nd Cooking Club Starts at 10.30 Musical keys 12.45-1.30 All welcome	Dereham support
6 th Community Café Crafts Strung Art - Community outlet open Writers workshop@	7 th Information and support Bill's art group@10.30	8 th Community Café Fast & Loose watercolours Cane Painting All welcome by Adult ED 9.30 – 11.30	9 th Community Fridge launch Minds carers group	Community Outlet Open 4 days a week
13 th Dream Catcher Making Community Café Tara's crafts	14 th Bill's art group@10.30 Fun and Games Group All welcome	15 th Preparing for learning, Life & work wk1 9.30am-12.30pm 3D Painting /Drawing	16 th Community Café Musical Keys 12.45-1.30	Community outlet Open 4 days a week
20 th Anxiety Group Support & information Fridge Magnet Making 10.30	21 st Bill's art group Gentle seated exercise	22 nd Preparing for learning, Life & work wk2 9.30am-12.30pm Paper Lantern Making 10.30	23 rd Cooking with Jill @ 10.30 Volunteering Information Day	
27 th Crafts – Clay Printing Community Café All Welcome	28 th Bill's art group 10.30am	29 th Crayon & Water Colour art. Community Café Tara's crafts group	30 th Joan Latta's Talk about Depression 10-11 Musical Keys 12.45-1.30	

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Day Service Provider