




Registered Charity No: 1106520

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 st Norfolk & Norwich association for the Blind Cooking Club starts 10am Job Club 11.30-12.30	2 nd One to one counselling sessions @Dereham Library please book Fak 855083
5 th Writers work shop Job Support 11.30 – 12.30 Fire work group Art	6 th NDA Hearing Aid Support 10-12pm Bills supporting art group 10	7 th Stress awareness day How do you manage yours?	8 th Diabetic group 11am With Kerry Bateson Job club 11.30 12.30	9 th One to one counselling sessions @Dereham Library please book Fak 855083
12 th Poppy Art @10 Job Support 11.30 – 12.30 Self-care week Information and support	13 th NDA Hearing Aid 10-12 Bills supporting art group 10 and gentle seated exercise class 10.30-11.30	14 th Christmas card making community Café Day	15 th Charity Wii Tennis Match 9 am to 1 pm Job club 11.30 12.30 FIRST FOCUS AGM 1PM	16 th One to one counselling sessions @Dereham Library please book Fak 855083
19 th Job Support 11.30 – 12.30 Beading from 10 am	20 th NDA Hearing Aid support 10-12pm Bills supporting art group 10	21 st Alcohol awareness Community Café – Arts	22 nd Cooking Club 10 – 12 Reasons to be thankful! Job club 11.30-1230	
26 th Job Support 11.30- 12.30 Arts and Crafts 10	27 th NDA Hearing Aid 10-12 Bills support art group 10	28 th Community Café – Arts and crafts	29 th Dementia friend Training @ 11 am please book	