



Registered Charity No: 1106520

Activity Centre


Young person's support services (YPSS)
Counselling Available

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

October 2016

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

Wellbeing

Monday	Tuesday	Wednesday	Thursday	Friday
3 rd - Writers workshop@10 Games Morning	4 th - NDA Hearing aid support 10-12 Arts and Crafts	5 th - Becky Sheridan demonstrating - Aloe Community Cafe	6 th - Cooking Group @10.30 National Poetry Day Poetry competition!!! Bring your poems in!! 11	7 th - Community Outlet Open 4 days a week
10 th – Information Advice & Support on Mental Health Mental Health Day	11 th - NDA Hearing Aid Support 10-12 Arts and craft group	12 th - Community Cafe Puzzle day!!!	13 th - Art Therapy Colouring/painting/crafts Mind Carers Group First Focus AGM 1pm	14 th Community outlet Open 4 days a week
17 th – Puzzle Morning Community Cafe	18 th - NDA Hearing Aid Support 10-12 Gentle seated exercise 10.30 -11.30 Every month	19 th - ARTS morning Community Cafe	20 th – Art Therapy Massive Book sale!!!! Fraud information event	21 st - Community outlet Open 4 days a week
24 th - Community Cafe Advice morning....	25 th - NDA Hearing Aid Support 10-12 Arts and craft group	26 th - Community Cafe Bereavement Group @10.30	27 th - Cooking Group @ 10.30 Nutritional advice FF SALE DAY BRING & BUY	 LOTTERY FUNDED
30 th - Volunteer recruitment Day		Donations Welcome!		

Oak Street, Fakenham, Norfolk, NR21 9DY **E-mail:-** info@firstfocus.org.uk **Website:-** www.firstfocus.org.uk



Day Service Provider