




Registered Charity No: 1106520

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

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
1 <sup>st</sup> Dyslexia Awareness Day Writers Workshop group 10.00 Job Club 11.30-12.30	2 <sup>nd</sup> NDA Hearing Aid Support 10-12pm Bills supporting art group 10	3 <sup>rd</sup> Community Café – Arts	4 <sup>th</sup> National Poetry day Cooking Club start 10am Job Club 11.30-12.30	5 <sup>th</sup> One to one counselling sessions @Dereham Library please book Fak 855083
8 <sup>th</sup> Job Support 11.30 – 12.30 Art Therapy 10 onwards	9 <sup>th</sup> NDA Hearing Aid Support 10-12pm Bills supporting art group 10	10 <sup>th</sup> World Mental Health Day Come down and get support	11 <sup>th</sup> Table to sale !!! Job club 11.30 12.30 Halloween Decoration Arts	12 <sup>th</sup> One to one counselling sessions @Dereham Library please book Fak 855083
15 <sup>th</sup> Job Support 11.30 – 12.30 Arts and Crafts 10	16 <sup>th</sup> NDA Hearing Aid 10-12 Bills supporting art group 10 and gentle seated exercise class	17 <sup>th</sup> Mug Painting and community Café Day	18 <sup>th</sup> First Aid Training booking essential ring 855083	20 <sup>th</sup> One to one counselling sessions @Dereham Library please book Fak 855083
22 <sup>nd</sup> Job Support 11.30 – 12.30 Group Collage 10	23 <sup>rd</sup> NDA Hearing Aid Support 10-12pm Bills supporting art group 10	24 <sup>th</sup> Community Café – Arts	25 <sup>th</sup> Cooking Club 10 – 12 Job club 11.30-1230	
29 <sup>th</sup> Job Support 11.30- 12.30 Arts and Crafts 10	30 <sup>th</sup> NDA Hearing Aid 10-12 Bills support art group 10	31 <sup>st</sup> Community Café – Halloween Arts and Crafts		