

# October

# Day Service Provider

## Information-Advice-Support Mental-Physical-Emotional Wellbeing



Registered Charity No: 1106520

Monday	Tuesday	Wednesday	Thursday	Friday
30 <sup>th</sup> Help with Budgeting Researching Comparison sites	1 <sup>st</sup> NDA Hearing Aid Support 10-12pm Bills supporting art group 10 Breast cancer awareness	2 <sup>nd</sup> Community Café Day Flower arranging	3 <sup>rd</sup> Peer support Bingo from 10.30 Art & Crafts	4 <sup>th</sup> Dereham 1 to 1 support
7 <sup>th</sup> Writers Workshop group @ 10am Marble paper craft	8 <sup>th</sup> NDA Hearing Aid Support 10-12pm Bills supporting art group 10 'Cooking' soup	9 <sup>th</sup> Community Café Day Glass painting from 10 Always advice and support available	10 <sup>th</sup> World Mental health day Peer support group Craft activities	
14 <sup>th</sup> Button Pictures Getting your car ready for Winter 'advice'	15 <sup>th</sup> NDA Hearing Aid 10-12 Bills supporting art group Gentle seated exercise class 10.30-11.30	16 <sup>th</sup> Community Café Day Decade of the Month Reminiscing the 60s	17 <sup>th</sup> Peer support Pamper session Various crafts	
21 <sup>st</sup> 'Apple Day' recipe ideas Meals on a budget Recipe ideas	22 <sup>nd</sup> NDA Hearing Aid support Bills supporting art group Tube crafts	23 <sup>th</sup> Community Café Guess the Baby? ICE advice for mobile phones	24 <sup>th</sup> Peer support@10 Ancestry Information Who do you think you are?  Creative crafts	
28 <sup>th</sup> Halloween cupcakes	29 <sup>th</sup> NDA Hearing Aid 10-12pm	30 <sup>th</sup> Halloween Art	31 <sup>st</sup> Baking club 10.30	

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