



Registered Charity No: 1106520

# Activity Centre

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

Sept 2016

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

**Wellbeing**

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1<sup>st</sup> - Diabetic Group</b> Cooking Group @10.30 First Focus Anniversary Party Celebrate 14yrs with us!	<b>2<sup>nd</sup> - Fakenhams Community Outlet open 4 days a week</b>
<b>5<sup>th</sup> - Community Cafe</b> Drug and Alcohol advice Young person's support services (YPSS)	<b>6<sup>th</sup> - Writers Workshop- 10 NDA Hearing Aid Support 10-12 Arts &amp; crafts group</b>	<b>7<sup>th</sup> - Book Sale Day all welcome</b> Cognitive Stimulation Therapy 11.30-12.30	<b>8<sup>th</sup> - Art Therapy</b> Colouring/painting/crafts <b>Mind Carers Group</b>	<b>9<sup>th</sup> - Fakenhams Community Outlet open 4 days a week</b>
<b>12<sup>th</sup> - Community Cafe</b> Drug and Alcohol advice Young person's support services (YPSS)	<b>13<sup>th</sup> - NDA Hearing Aid Support 10-12 Gentle seated exercise 10.30 -11.30 Every month</b>	<b>14<sup>th</sup> - Baking with Tara 10-12</b> Counselling Please book Community Cafe	<b>15<sup>th</sup> - Art Therapy</b> Sexual Health week Information day starts - 10 <b>Let's talk about sex!!!!</b>	<b>16<sup>th</sup> - Fakenhams Community Outlet open 4 days a week</b>
<b>19<sup>th</sup> - Community Cafe</b> Drug and Alcohol advice Young person's support services (YPSS)	<b>20<sup>th</sup> - NDA Hearing Aid Support 10-12 Gentle seated exercise 10.30 -11.30 Every month</b>	<b>21<sup>st</sup> -</b> Counselling Please Book. Cognitive Stimulation Therapy 11.30-12.30	<b>22<sup>nd</sup> -</b> <b>First focus Annual Fundraising Month</b> <b>KLFMs - Charity of the month</b>	
<b>26<sup>th</sup> - Community Café</b> Drug & Alcohol advice Young person services(YPSS)	<b>27<sup>th</sup> - NDA Hearing Aid support 10-12</b>	<b>28<sup>th</sup> - Baking with Tara</b> Counselling Please book Community cafe	<b>29<sup>th</sup> -</b> <b>Macmillan Coffee Morning</b>	

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*Day Service Provider*