



V Registered Charity No: 1106520

# Activity Centre


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

**September 18**

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

**Wellbeing**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
3rd Journal Making@10 Writers workshop@10 Job club 11.30am-12.30	4th NDA Hearing Aid Support 10-12 Bills Art Group@10	5th Community Café Journal for self-discovery 10am- 12 noon	6th Cooking Club @ 10.30 Job club11.30-12.30	7th Community Outlet Open 4 days a week
10th Job club 11.30am-12.30 Jar decorating@10	11th Bills Art Group@10NDA Hearing Aid Support.Scam talk with Nationwide At 10.30 am	12th Community Café Sand Art 10 am- 12 noon	13th Diabetic group with Kerrie Bateson Job club11.30-12.30	14th Community outlet Open 4 days a week
17th Dream catcher making@10Job club 11.30am-12.30	18th -NDA Hearing Aid Support 10-12 Gentle seated exercise 10.30 to 11.30	19th Community Café Gallery display of our Summer Artwork 10-12	20th All welcome Job club11.30-12.30	21th Community outlet Open 4 days a week
24th- Job club 11.30am-12.30 Colouring/Art Therapy	25th NDA Hearing Support Bills Art Group@10	26th-Arts and Crafts 10am – 12noon Community Café	27th- Cooking club@10.30 Job club11.30-12.30	 <b>LOTTERY FUNDED</b>

Oak Street, Fakenham, Norfolk, NR21 9DY **E-mail:-** [info@firstfocus.org.uk](mailto:info@firstfocus.org.uk) **Website:-** [www.firstfocus.org.uk](http://www.firstfocus.org.uk)



*Day Service Provider*