

September

Day Service Provider



Registered Charity No: 1106520

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2nd Writers work shop 10 am Mindfulness Drawing</p>	<p>3rd NDA Hearing aid Clinic 10 am – 12 pm Bill's Art group @ 10 Guess the theme tune Quiz</p>	<p>4th Community Café Day Feel good Session</p>	<p>5th Peers Support Group@10 Jewellery Making Come and chat about activity's you would like</p>	<p>Dereham one to one Support Please contact for appointment</p>
<p>9th Life Hack ideas to make life Easier Name that Film Quiz</p>	<p>10th NDA Hearing Aid clinic Bills art group & crafts Dot square compition</p>	<p>11th Community Café Day Job search help General Knowledge Quiz</p>	<p>12th Peers Support Group@10 Recycled Art work shop Diabetic Group 11.30</p>	
<p>16th Researching your Family Crest and Origin. Pom Pom Craft</p>	<p>17th NDA Hearing Aid clin 10-12 Bills supporting art group Gentle seated exercise 10.30</p>	<p>18th Community Café Day Marble Paper Craft Beetle Drive</p>	<p>19th Peer Support 10am Cake Baking & eating True or false Quiz</p>	
<p>23rd Reminiscing Session-Bring items From the past or just come and Chat</p>	<p>24th NDA Hearing Aid support Bills supporting art group Conversation starters!</p>	<p>25th Community Café Coping with Anxiety & Panic Guess the Famous Face Quiz</p>	<p>26th Peer support Group 10 Harvest Celebrations Arts & Crafts</p>	

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