



Registered Charity No: 1106520

First Focus
 Fakenham's Community Hub
 Your local Information & Social Centre

AUGUST - 2023			
Monday	Tuesday	Wednesday	Thursday
	1st Help & Advice Community Fridge & Stock Food REST (PART OF MIND) Mental Health Support Macrama Craft	2nd Help & Advice Community Fridge & Stock Food Cooking starting at 10:30	3rd Help & Advice Community Fridge & Stock Food Bingo at 11
7th Help & Advice Community Fridge & Stock Food Butterfly Making Craft	8th Help & Advice Community Fridge & Stock Food Making Dream Catchers	9th Help & Advice Community Fridge & Stock Food Making Lighthouses	10th Help & Advice Community Fridge & Stock Food Bingo at 11
14th Help & Advice Community Fridge & Stock Food Card Making	15th Help & Advice Community Fridge & Stock Food Knit & Natter REST (PART OF MIND) Mental Health Support	16th Help & Advice Community Fridge & Stock Food Tissue Paper Flowers	17th Help & Advice Community Fridge & Stock Food Bingo at 11 Karaoke
21st Help & Advice Community Fridge & Stock Food Dragonfly and Butterfly Brooch Making	22nd Help & Advice Community Fridge & Stock Food Knit and Natter Writing Comic Poems	23rd Help & Advice Community Fridge & Stock Food Reminiscent Day	24th Help & Advice Community Fridge & Stock Food Bingo at 11
27 th CLOSED BANK HOLIDAY MONDAY	28 th Help & Advice Community Fridge & Stock Food Wire Work Craft	29 th Help & Advice Community Fridge & Stock Food Wool Craft Stars	30 th Help & Advice Community Fridge & Stock Food Bingo at 11

Oak Street, Fakenham, Norfolk. NR21 9DY Email: info@firstfocus.org.uk Tel: 01328 855083