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| **July 2023** | | | |
| Monday | Tuesday | Wednesday | Thursday |
| **10am – 4pm**  Support Coordinator Appointments  **9.30am - 11am**  ***Breakfast Club (free)***  Start your week off with tea, coffee, some company and cereal  **10.30am - 11.30am**  ***Chair based exercises***  Drop In (£3 Peace Rm)    **11am - 12:30pm** ***Arts for All***  Drop in (£3 Art Room) Mixed media Art Class  **11am - 1pm**  ***Gardening Group***  Working in our small garden and time for a good chat. (**starting 10th July)** | **10am – 4pm**  Counselling & Support Coordinator Appointments  **10am – 11am**  ***Mindfulness***  Drop In (£3 Sunflower Room)  **11am – 12pm**  ***Boxercise***  Drop In (£3 Peace Rm)  Let’s get moving with our new boxercise class.  **12.30pm – 2.30pm** ***Warm Hub*** (free) Our café space is open. Pop by for a cup of tea  **12.30pm – 2.30pm**  ***Journalling \*NEW\****  A different theme each week (£3 Peace Rm)  **4pm -5.30pm *Bereavement Group***  Drop In (£3 Peace Room) | **10am – 4pm**  Art therapy & Support Coordinator Appointments   **11am-12.30pm**  ***Walking Group*** Drop in (£3 meet at CLC)  walking group for all abilities.  **11.30am – 12.30pm**  ***Fibro, M.E., Chronic Pain & Fatigue support group***  Drop In (£3 Peace room)  (fortnightly – 5th, 19th)  **12.30pm – 2.30pm**  ***Lunch Service*** Drop In (Sunshine Cafe) Tasty, nutritious low-cost food in our lunch club  **2pm – 3.30pm**  ***Learn to Ride***  Call reception to book (£3)  If you lack confidence riding a bike, book a 121 session before coming to Bike Group.  **2.30pm – 3.30pm**  ***Meditation*** Drop In (£3 Peace Rm)  **6.30pm-7.30pm** ***Directions for Men -*** Drop In, support group for men (Free) | **10am – 4pm**  Counselling and Support Coordinator Appointments  **11am - 12:30pm**  **Singing Group with Jean**  Drop In (£3 Peace Rm)  **12.30 - 2.30pm**  ***Warm Hub*** (free) Our café space is open. Pop by for a cup of tea  **2pm – 3.30pm  *Ladies’ Support group****.*  Drop in (£3 Art Room) |
| **Next Member Forum is Thursday 27th July 12pm – 1pm (Peace Room)** | | | |

**Also available at the centre**

**Saturday Night Group 4.30 – 6.45pm** Foodcycle cook a **FREE** vegetarian meal   
Please note the meals are available for all members and non-members