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| **April 2024** |
|  Monday | Tuesday | Wednesday | Thursday |
| **10:00am – 4:00pm**Music therapy & Support Coordinator Appointments **9:30am – 11:30am*****Breakfast Club*** (free)Start your week off with tea, coffee, some company and cereal. **10:00am – 11:00am*****Group Music Therapy***Nordoff Robbins (free)**11am - 12:30pm*****Arts for All*** Drop in (£3 Art Room) Mixed media Art Class**11.30am – 12.30pm*****Singing Group*** Nordoff Robbins (free)**1:00pm – 2:30pm*****Drama for Fun*** With Tandem Theatre (free)**1:30pm – 3:30pm*****Gardening Group***Working in our small garden and time for a good chat. (£3) | **10:00am – 4:00pm**Counselling, psychodrama & Support Coordinator Appts **10:00am – 12:00pm*****Cooking with Confidence Workshops*** (£3) (See reverse for details)**11:00am – 12:00pm*****Boxercise*** (£3)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*** (£3)A different theme each week (Art Room)**2:00pm – 4:00pm*****1:1 Sensory sessions*** -*Jon*Book with reception (£3)**3:00pm – 4:30pm*****How To (workshops)*** (£3) (See reverse for details)**4:00pm – 5:30pm*Bereavement Group***Drop In (£3 Peace Room) | **10:00am – 4:00pm**Art therapy, Holistic Therapy & Support Coordinator Appts **10:00am – 11:00am** ***Pilates*** (£3 Peace Rm)**11:00am – 12:30pm*****Walking Group***(£3 - meet at CLC)walking group for all abilities.**11:30am – 12:30pm*****Ouch!***Chronic Pain & Fatigue support group (£3) (fortnightly) (10th & 24th) **12:30pm – 2:30pm** ***Lunch Service*** Drop In (Sunshine Cafe)Tasty, nutritious low-cost food in our lunch club **2:00pm – 3:30pm*****Bike Confidence Group***All abilities welcomeBook with reception (free)**2:45pm – 3:45pm** ***Meditation***(£3) | **10:00am – 4:00pm**Counselling & Support Coordinator Appts **11:00am – 12:00am*****Chair based exercises with Susan*** (£3)(Peace room)**12.30pm – 2.30pm*****Warm Hub*** (free)Our café space is open. Pop by for a cup of tea**2:00pm – 4:00pm** ***Ladies’ Support Group***Drop in (£3)(Peace room)**2:30pm – 3:30pm*****Men’s Support Group***Drop in (£3)(Sunshine Café) |
| **Next Member Forum is Thursday 25th April 12pm – 1pm (Peace Room)** |

**Also available at the centre**

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

**CLC Courses timetable – April 2024**

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| **Date** | **Time** | **Courses and Workshops** |
| Monday 8th April 2024 | 3.30pm – 5.30pm | Think Better Feel Better (6-week course) – Week 1 |
| Monday 15th April 2024 | 3.30pm – 5.30pm | Think Better Feel Better (6-week course) – Week 2 |
| Monday 22nd April 2024 | 3.30pm – 5.30pm | Think Better Feel Better (6-week course) – Week 3 |
| Monday 29th April 2024 | 3.30pm – 5.30pm | Think Better Feel Better (6-week course) – Week 4 |

 **Tuesday Workshops – How To … -** Themed around sustainability, upcycling and reusing

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| **Date** | **Time** | **Courses and Workshops** |
| Tuesday 2nd April 2024 | 3:00pm – 4:30pm | Crochet & knit – (suitable for beginners and improvers) |
| Tuesday 9th April 2024 | Make tie dye canvas tote bags |
| Tuesday 16th April 2024 | Embroidery (suitable for beginners and improvers) |
| Tuesday 23rd April 2024 | Jewellery making - Make beaded bracelets  |
| Tuesday 30th April 2024 | Make Plaster of Paris ornaments – paint your own 3D ornaments of flowers and animals to take home |

 **Cooking Classes**

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| **Date** | **Time** | **How to book** | **Courses and Workshops** |
| Tuesday 9th April 2024 | 10:00am – 12:00pm | book at reception | Mixed vegetable frittatas |
| Tuesday 16th April 2024 | 10:00am – 12:00pm | book at reception | Chocolate brownies |
| Tuesday 23rd April 2024 | 10:00am – 12:00pm | book at reception | Soda bread |
| Tuesday 30th April 2024 | 10:00am – 12:00pm | book at reception | Spiced lentil crispbakes |

**Special Events**

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| **Date** | **Time** | **Information** |
| Tuesday 9th April 2024 | 12.30pm – 3:00pm | **Taster session:** Psychodrama Psychotherapy group with Anthea |
| Thursday 11th April 2024 | 11:00am – 12:30pm | Claytime Part 2 – Decorating your item**(only for those that attended the first pottery session in February)** |
| Wednesday 17th April 2024 | 11.30am – 12.30pm | Emergency First Aid – Book with reception |

**CLC Charges explained.**

**Individual Classes, Support Appointments, Groups, Workshops** (face to face) - £3

**Day Activity Pass** - £5 / **Weekly Activity Pass** - £10(excludes food in café and therapies)

**1 hour 1:1 Therapy, holistic therapy, art therapy** - £10