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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