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OCTOBER 2026

Weekly Timetable				
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
9:30am – 11:30am **Breakfast Club (free)** Start your week off with tea, coffee, and cereal. **10:00am – 11:00am** **Group Music Therapy** Nordoff & Robbins (free) **10:30am – 12:30pm** **Drop-in Advice (free)** Employment advice with a job-centre advisor (5th and 19th Oct) **11:00am - 12:30pm** **Arts for All (£3** Mixed media art session **11.30am – 12.30pm** **Singing Group (free)** Nordoff & Robbins **1pm – 2pm** **NEW Drama for Fun Group** with MaD Theatre! £3 **4:00pm – 4:45pm** **Yoga (£3)** with Ashley	**11:30am – 12:30pm** **Boxercise (£3)** Let's get moving with our new boxercise class. **12:30pm – 2:30pm** **Warm Hub (free)** Our café is open. Pop in for a brew! **1pm – 2pm - Gardening Group (£3)** Working in our small garden and time for chat (**Not** on the 13th) **2:00-3:30pm** **Creative Classes with Olivia (£3)** (See Reverse for details) **3:30pm – 5:00pm** **Bereavement Group Fortnightly** (13th and 27th October) **2:30pm – 3:30pm** *** NEW * Men's Group (**Fortnightly 6th and 20th October) **3pm – 4:30pm** **Cooking Workshops (£3)** (See reverse for details) (20th and 27th)	**11:00am– 12:30pm** **Walk & Talk- (£3)** Come along for a walk and a chat, followed by a brew in the cafe! **(meet at CLC)** **12:30 – 2:30pm** **Lunch Service** Drop In (Sunshine Cafe) Tasty, nutritious low-cost food in our lunch club **2pm – 3pm** ***NEW* Knitting for Wellbeing with Emma (£3)** Come along for a relaxed knitting session – no experience needed! (Oct 28th) **3 – 4pm** **Chronic Pain Support Group £3** (**Fortnightly** 7th and 21st)	**10am – 12pm** **Digital Skills with Bury Adult Learning** (starts 29th October - see Reverse for details -free) **10.30am – 11.30am** **Pilates with Sparklife (£3) Low intensity Pilates with Maggie!** (Only 1st and 8th Oct) **12.30pm-2.30pm** **Warm Hub (free)** Our café is open. Pop in for a brew! **1pm – 2pm** **Chair Based Exercises with Viv (£3) Fortnightly** 8th and 22nd **2:00pm – 4:00pm** **Ladies' Chat & Craft Group** Drop in (£3) (Peace room) **3:00pm – 4:30pm** ***NEW*** **Trauma Support Group (£3)** Join Vivian in a supportive group environment.	**10:30am – 12:30pm** **Nature Crafts (£3)** Get creative using materials from our garden and allotment (16th, 23rd & 30th Oct) **11:30am – 12:30pm** **Vision Board Fridays with Gareth (£3)** A relaxed weekly session to explore your goals and get inspired for the future! **12.30pm – 2.30pm** **Warm Hub (free)** Our café is open. Pop in for a brew! **1.30pm – 2.30pm** **Dance Fit (£3)** Let's have some fun with dance and movement.
10:00am – 4:00pm Pre-booked **Support Coordinator Appointments (£3)** By referral **Music Therapy 1:1**	**10:00am – 4:00pm** Pre-booked **Support Coordinator Appointments (£3)** By referral **Counselling (£15)**	**10:00am – 4:00pm** Pre-booked **Support Coordinator Appointments (£3)** By referral **Art therapy, Holistic Therapy (£15)**	**10:00am – 4:00pm** Pre-booked **Support Coordinator Appointments (£3)** By referral **Counselling (£15)**	**10:00am – 2:00pm** Pre-booked **Support Coordinator Appointments (£3)** By referral **Holistic Therapy (£15)**

FOODCYCLE: FREE vegetarian meals every Saturday, 4:45pm–6:45pm
Available for all members and non-members.

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WORKSHOPS, COURSES & EVENTS

Must sign up at Reception unless stated otherwise.

Workshops & Courses — All £3		
DATE	**TIME**	**DETAILS**
Monday 26th October	2pm–4pm	**Solution-Focused Goal Setting (Lead: Georgia & Shelly)**
Wednesday 7th and 14th October	6pm–8pm	**Managing Emotions Course (Lead: Georgia)**
Thursday 15th October	12–12:30pm	**Mindfulness Meditation (Lead: Olivia)**
Digital Skills with Bury Adult Learning — FREE		
DATE	**TIME**	**DETAILS**
Thursday 29th October– Thursday 3rd December	10am–12pm	**Using your digital device to get online**
Black History Month at the CLC — All £5		
DATE	**TIME**	**DETAILS**
Monday 12th October	2pm–3pm	**African-Caribbean Dance Workshop with Jet Black Dance Academy**
Wednesday 21st October	3:30pm–6pm	**CLC Cinema (Lead: Olivia) - Hidden Figures**
Cooking with Cath — must book in advance (Lead: Cath) — All £3		
DATE	**TIME**	**DETAILS**
Tuesday 20th October	3–4:30pm	**Chocolate Apples**
Tuesday 27th October	3–4:30pm	**Hallowe'en Ginger Cookies**
Creative Classes with Olivia — £3		
DATE	**TIME**	**DETAILS**
Tuesday 6th and 13th	2pm–3:30pm	**Creative Journalling**
Tuesday 27th	2pm–3:30pm	**Ceramic Pumpkin Painting**

Special Events		
DATE	**TIME**	**DETAILS**
Monday 5th October	2pm–3pm	**Age UK Scam Awareness Session**
Wednesday 7th October	Meet at CLC 12:30pm	**Ladies Group Outing** with Happy Me Community – Breast Cancer Awareness Coffee Afternoon
Monday 19th October	2pm–3:30pm	**Fight Back 4 Justice UK —** Information Awareness Session.
Wednesday 28th October	3pm–4:30pm	**Community Heroes: MACO.** Come along to pack care packages for our neighbours from Democratic Republic of Congo.
Thursday 29th October	12:30pm–1:30pm	**Member Forum** Come along for a brew and a chat about the CLC!

CLC CHARGES

Individual classes, support appointments, groups & face-to-face workshops — £3
Day Activity Pass — £5 | **Month Activity Pass** - £35 | **Weekly Activity Pass** — £10| **Course Pass** — £10 (excludes food in café and therapies)
1 hour 1:1 therapy, counselling, holistic therapy or art therapy — £15 per session