



April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:30am – 11:30am Breakfast Club (free) Start your week off with tea, coffee, some company and cereal.</p> <p>10:30am – 12:30pm Drop-in Advice (free) Employment advice with a jobcentre advisor</p> <p>10:00am – 11:00am Music for Fun – Jam Session *NEW* (free) Volunteer led relaxed drop-in music session (free)</p> <p>11am - 12:30pm Arts for All (£3) Drop in Mixed media art session (Art Room)</p> <p>1:00pm – 2:00pm Breathworks and Relaxation Meditation (£3)</p> <p>1:30pm – 3:30pm Gardening Group (£3) Working in our small garden and time for a good chat.</p>	<p>11:00am – 12:00pm Boxercise (£3) Let's get moving with our new boxercise class.</p> <p>12:30pm – 2:00pm Creative Journalling (£3) A quiet reflective space (Art Room)</p> <p>12:30pm – 2:30pm Warm Hub (free) Our café space is open. Pop in for a brew!</p> <p>1:00pm – 2:00pm Ouch! (£3) <i>New day/time - Fortnightly</i> Chronic Pain & Fatigue support group (1st, 15th, 29th April)</p> <p>1:30pm – 3:00pm Allotment Group - (Free) Get involved in growing & harvesting at our allotment!</p> <p>3:30pm – 5:00pm Bereavement Group (£3) <i>New time – Fortnightly</i> (1st, 15th, 29th April) Drop In (Peace Room)</p>	<p>11:00am – 12:30pm Walking group - (£3) walking group for all abilities (meet at CLC)</p> <p>12:30pm – 2:30pm Lunch Service Drop In (Sunshine Cafe) Tasty, nutritious low-cost food in our lunch club</p> <p>2:00pm – 3:30pm Bike & Trike Confidence Group (free) All abilities welcome. More info available from reception. (weather permitting!)</p> <p>2:45pm – 3:45pm Mindfulness Based Meditation (£3) Must be on time for this session</p>	<p>10:00am – 12:00pm Digital Skills (Free) *NEW* (See reverse for details, sign up with reception)</p> <p>11:00am – 12:00pm Chair based exercises with Susan (£3) (Peace room)</p> <p>12.30pm – 2.30pm Warm Hub (free) Our café space is open. Pop in for a brew!</p> <p>2:00pm – 4:00pm Ladies' Support Group Drop in (£3) (Peace room)</p> <p>2:30pm – 3:30pm Men's Support Group Drop in (£3) (Sunshine Cafe)</p>	<p>10:30am – 12:30pm Allotment Group - (Free) Get involved in growing & harvesting at our allotment!</p> <p>11:30am – 12:30pm Sparklife - Pilates (4th April) Later Life Fitness (25th April) (£3) Please book at reception (limited spaces!)</p> <p>12:00pm – 3:00pm 1:1 Sensory sessions - Jon (30 mins) Book with reception (£3)</p> <p>12.30pm – 2.30pm Warm Hub (free) Our café space is open. Pop in for a brew!</p>
<p>10:00am – 4:00pm Pre-booked Support Coordinator Appointments (£3) By referral</p>	<p>10:00am – 4:00pm Pre-booked Support Coordinator Appointments (£3) By referral Counselling (£10) Psychodrama 1-1</p>	<p>10:00am – 4:00pm Pre-booked Support Coordinator Appointments (£3) By referral Art therapy, Holistic Therapy (£10)</p>	<p>10:00am – 4:00pm Pre-booked Support Coordinator Appointments (£3) By referral Counselling (£10)</p>	<p>10:00am – 2:00pm Pre-booked Support Coordinator Appointments (£3) By referral Holistic Therapy (£10)</p>

Next member forum will be Thursday 24th April 2025, 12pm–1pm – Peace Room



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1A Rectory Lane Prestwich, M25 1BP

Also available at the centre

FoodCycle provide FREE vegetarian meals on Saturdays, from 4:45pm until 6:45pm. This is available for all members and non-members.

Courses & Workshops – April 2025

Workshops

Date	Time	Workshop
Tuesday 8 th April 2025	3:30pm – 5:00pm	Self-Compassion Workshop - Shelley
Wednesday 16 th April 2025	11.15am – 12.30pm	Aromatherapy workshop – How to make anti-itch cream - Susan
Tuesday 22 nd April 2025	3pm – 5pm	Combat Stress - Susan
Friday 25 th April 2025	11:00am – 12:00pm	Butterfly Tapping Workshop – Jon

Special Events

Date	Time	Event
Monday 7 th April 2025	2.30pm – 4.00pm	Claytime Pottery Session – Led by Claytime Stockport – Learn about creating with clay, make your own design in the session which will be ‘fired’ and returned to the centre for a decoration session! This session is £3 or included in a day/week pass
Tuesday 8 th April 2025 - FREE	1.00pm - 2.30pm	Dignity & Boundaries Workshop – A session hosted by Joanne from PrivilegeHR. Open to both members and volunteers who want to improve their knowledge and understanding of appropriate behaviour in public environments. Please register your interest with reception
Monday 14 th April 2025 - FREE	2.30pm – 4.00pm	
Thursday 3 rd April 2025 Thursday 10 th April 2025 – Final session	10:00am – 12:00pm	Digital Skills – Internet Safety: 6-week course (Mar 6 th) This course will help you to gain confidence, enhance your everyday digital skills and become more independent using the skills required for work and life in today’s digital world. You will be focusing on simple practical tips and strategies for Internet Safety. Book on with reception

CLC charges

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