



## April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>9:30am – 11:30am</b> <b>Breakfast Club</b> (free) Start your week off with tea, coffee, and cereal.</p> <p><b>10:00am – 11:00am</b> <b>Group Music Therapy</b> Nordoff &amp; Robbins (free)</p> <p><b>10:30am – 12:30pm</b> <b>Drop-in Advice</b> (free) Employment advice with a jobcentre advisor (<i>13<sup>th</sup> and 27<sup>th</sup> April</i>)</p> <p><b>11:00am - 12:30pm</b> <b>Arts for All</b> (£3) Drop in Mixed media art session</p> <p><b>11.30am – 12.30pm</b> <b>Singing Group</b> (free) Nordoff &amp; Robbins</p> <p><b>1:00pm – 3pm</b> <b>Gardening Group</b> (£3) Working in our small garden and time for chat</p> <p><b>4:00pm – 5:00pm</b> <b>Yoga</b> (£3) with Ashley</p>	<p><b>11:30am – 12:30pm</b> <b>Boxercise</b> (£3) Let's get moving with our new boxercise class.</p> <p><b>12:30pm – 2:30pm</b> <b>Warm Hub</b> (free) Our café space is open. Pop in for a brew!</p> <p><b>1:30pm-2:30pm - Allotment Group</b> (£3) *NEW* Get involved in growing &amp; harvesting at our allotment!</p> <p><b>1:00pm – 2:30pm</b> <b>Drama for Fun – Tandem Theatre</b> (Free)</p> <p><b>2:30-3:30pm</b> <b>Creative Journalling</b> (£3) *NEW* (<i>7<sup>th</sup> and 21<sup>st</sup> April</i>)</p> <p><b>3:30pm – 5:00pm</b> <b>Bereavement &amp; Loss Support Group</b> (£3) <i>Fortnightly 14<sup>th</sup>, 28<sup>th</sup> April</i></p> <p><b>3:30pm – 5:00pm</b> <b>Cooking Workshops</b> (£3) <i>Fortnightly 14<sup>th</sup> and 28<sup>th</sup> April</i></p>	<p><b>10am-12pm</b> <b>Virtual Reality Mechanics Course</b> (free) Must have been contacted and signed up to attend. (weekly)</p> <p><b>11:00am–12:30pm</b> <b>Walking group</b> - (£3) walking group for all abilities (meet at CLC)</p> <p><b>12:30 – 2:30pm</b> <b>Lunch Service</b> Drop In (Sunshine Cafe) Tasty, nutritious low-cost food in our lunch club</p> <p><b>1:00pm – 2:30pm</b> <b>Bike &amp; Trike Confidence Group</b> (free) All abilities welcome. More info available from reception. (weather permitting!)</p>	<p><b>10am–12pm</b> <b>Intermediate Digital Skills: 6-week course with Bury Adult Learning</b> – weekly <i>ends 2<sup>nd</sup> April 2026</i></p> <p><b>10.30am – 11.30am</b> <b>Pilates with Sparklife</b> (£3) Low intensity Pilates with Maggie! (NOT on 23<sup>rd</sup> April)</p> <p><b>12.30pm-2.30pm</b> <b>Warm Hub</b> (free) Our café space is open. Pop in for a brew!</p> <p><b>2:00pm – 4:00pm</b> <b>Ladies' Chat &amp; Craft Group</b> Drop in (£3) (Peace room)</p> <p><b>2:30pm – 4:30pm</b> <b>CAB Drop-in</b> *NEW* Citizen's advice - Here to support you! (Sunflower room) <i>9<sup>th</sup> and 23<sup>rd</sup> April</i></p>	<p><b>10:30am – 12:30pm</b> <b>Allotment Group</b> (£3) *NEW* Get involved in growing &amp; harvesting at our allotment!</p> <p><b>11:15am – 12:15pm</b> <b>Digital Hub – Drop In</b> (free) Pop in and make use of our IT suite!</p> <p><b>12.30pm – 2.30pm</b> <b>Warm Hub</b> (free) Our café space is open. Pop in for a brew!</p> <p><b>1.30pm – 2.30pm</b> <b>Dance Fit</b> (£3) Let's have some fun with dance and movement.</p>
<p><b>10:00am – 4:00pm</b> <b>Pre-booked</b> Support Coordinator Appointments (£3) <b>By referral</b> Music Therapy 1:1</p>	<p><b>10:00am – 4:00pm</b> <b>Pre-booked</b> Support Coordinator Appointments (£3) <b>By referral</b> Counselling (£10)</p>	<p><b>10:00am – 4:00pm</b> <b>Pre-booked</b> Support Coordinator Appointments (£3) <b>By referral</b> Art therapy, Holistic Therapy (£10)</p>	<p><b>10:00am – 4:00pm</b> <b>Pre-booked</b> Support Coordinator Appointments (£3) <b>By referral</b> Counselling (£10)</p>	<p><b>10:00am – 2:00pm</b> <b>Pre-booked</b> Support Coordinator Appointments (£3) <b>By referral</b> Holistic Therapy (£10)</p>



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**Next Member Forum: April 30<sup>th</sup>, 2026, 12pm–1pm – Sunshine Cafe**

**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 2026

### Workshops and Courses (Must sign up at Reception)

Date	Time	Workshop / Courses – Book at reception
Monday 20 <sup>th</sup> April – Monday 11 <sup>th</sup> May	1:30pm- 3pm	Mood and Food – 4-week course – Georgia (£3)
Tuesday 21 <sup>st</sup> April	3:30pm - 5:30pm	Combat Stress – Vivian and Shelley (£3)
Wednesday 29 <sup>th</sup> April	2:30pm until 4pm	Mindfulness Meditation – Olivia (£3)

### Special Events (All FREE to attend)

Date	Time	Event
Friday 10 <sup>th</sup> April	10:30am – 12:30pm	<b>Spring Starter Session (with Cath and Janet)</b> - A relaxed spring session with sunflower seed planting at the CLC, a walk to the allotment for a cuppa, and creating a nectar-rich area for pollinators
Monday 13 <sup>th</sup> April	3:30pm – 5pm	<b>Community Heroes Chop &amp; Chat Session</b> – Cooking for Prestwich Street Kitchen
Monday 27 <sup>th</sup> April	2:30pm – 4pm	<b>Share the Music Event with Joe (Nordoff and Robbins)</b>

### 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, Counselling, holistic therapy, art therapy - £10