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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 welcome  Book 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