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Website: www.creativelivingcentre.org.uk

1A Rectory Lane Prestwich, M25 1BP

August 2023

Monday	Tuesday	Wednesday	Thursday
<p>10am – 4pm Support Coordinator Appointments</p> <p>9.30am - 11am Breakfast Club (free) Start your week off with tea, coffee, some company and cereal</p> <p>10.30am - 11.30am Chair based exercises Drop In (£3 Peace Rm)</p> <p>11am - 12:30pm Arts for All Drop in (£3 Art Room) Mixed media Art Class</p> <p>1.30pm – 3.30pm Gardening Group Working in our small garden and time for a good chat.</p>	<p>10am – 4pm Counselling & Support Coordinator Appts</p> <p>11am – 12pm Boxercise Drop In (£3 Peace Rm) Let's get moving with our new boxercise class.</p> <p>12.30pm – 2.30pm Warm Hub (free) Our café space is open. Pop by for a cup of tea</p> <p>12.30pm – 2.30pm Journalling A different theme each week (£3 Peace Rm)</p> <p>3pm – 4.30pm Make your Own *New* Learn how to make items using the themes of sustainability, upcycling and reusing (see reverse for more information)</p> <p>4pm -5.30pm Bereavement Group Drop In (£3 Peace Room)</p>	<p>10am – 4pm Art therapy, Holistic Therapy & Support Coordinator Appts</p> <p>11am-12.30pm Walking Group Drop in (£3 meet at CLC) walking group for all abilities.</p> <p>11.30am – 12.30pm Fibro, M.E., Chronic Pain & Fatigue support group Drop In (£3 Peace room) (fortnightly – 2nd, 16th, 30th)</p> <p>12.30pm – 2.30pm Lunch Service Drop In (Sunshine Cafe) Tasty, nutritious low-cost food in our lunch club</p> <p>2pm – 3.30pm Bike Group Use the centre bikes and be supported by our volunteer Bike Leaders (£3).</p> <p>2.30pm – 3.30pm Meditation Drop In (£3 Peace Rm)</p> <p>6.30pm-7.30pm Directions for Men - Drop In, support group for men (Free)</p>	<p>10am – 4pm Counselling and Support Coordinator Appts</p> <p>9.30am - 10:30am Pilates Drop In (£3 Peace Rm)</p> <p>11am - 12:30pm Singing Group with Jean Drop In (£3 Peace Rm)</p> <p>12.30 - 2.30pm Warm Hub (free) Our café space is open. Pop by for a cup of tea</p> <p>2pm – 3.30pm Ladies' Support group. Drop in (£3 Art Room)</p>

Next Member Forum is Thursday 31st August 2023 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



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CLC Courses timetable – August 2023

Monday Workshops

Date	Time	Courses and Workshops
14 th August 2023	1pm – 3pm	Tools to help overcome procrastination
21 st August 2023		Dealing with low mood

Tuesday Workshops – Make Your Own... - Themed around sustainability, upcycling and reusing

Date	Time	Courses and Workshops
1st August 2023	3:00pm – 4:30pm	Lip Balm using essential oils and natural products
8 th August 2023		Skin Cream – aimed towards itchy and irritable skin
15 th August 2023		Make your own products to help take care of your feet - 'I love my feet day' celebrates on the 17 th August 2023
22 nd August 2023		Face Masks using essential oils and natural products
29 th August 2023		Reusable Heat Packs – useful for joint pain

Thursday Workshops - AM

Date	Time	Courses and Workshops
3 rd August 2023	10.15am - 11.45am	Embracing Change
10 th August 2023		Combat Stress
17 th August 2023		Improving Self Esteem
24 th August 2023		Understanding Social Anxiety
31 st August 2023		Motivate Me

Thursday Workshops - PM

Date	Time	Courses and Workshops
3 rd August 2023	12pm - 2pm	Think Better, Feel Better (6 Week Course) – Week 1
10 th August 2023		Think Better, Feel Better (6 Week Course) – Week 2
17 th August 2023		Think Better, Feel Better (6 Week Course) – Week 3
24 th August 2023		Think Better, Feel Better (6 Week Course) – Week 4
31 st August 2023		Think Better, Feel Better (6 Week Course) – Week 5

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