



August 2024

Monday	Tuesday	Wednesday	Thursday
<p>9:30am – 11:30am Breakfast Club (free) Start your week off with tea, coffee, some company and cereal.</p> <p>10:00am – 11:00am Group Music Therapy Nordoff Robbins (free)</p> <p>11am - 12:30pm Arts for All (£3) Drop in Mixed media art session (Art Room)</p> <p>11.30am – 12.30pm Singing Group (free) Nordoff Robbins</p> <p>1:30pm – 3:30pm Gardening Group (£3) Working in our small garden and time for a good chat.</p> <p><u>Closed for Bank Holiday</u> <u>26th August</u></p>	<p>10:30am – 12:00pm Allotment group (free) Learn to grow food and spend time in the outdoors (meet at CLC) (August 20th & 27th)</p> <p>11:00am – 12:00pm Boxercise (£3) Let's get moving with our new boxercise class.</p> <p>12:30pm – 2:30pm Warm Hub (free) Our café space is open. Pop in for a brew!</p> <p>12:30pm – 2:00pm Journalling (£3) A different theme each week (Art Room)</p> <p>2:00pm – 4:00pm 1:1 Sensory sessions - Jon (30 mins) Book with reception (£3)</p> <p>3:00pm – 4:30pm How To (workshops) (£3) (See reverse for details)</p> <p>4:00pm – 5:30pm Bereavement Group (£3) Drop In (Peace Room)</p>	<p>11:00am – 12:30pm Walking group - (£3) walking group for all abilities (meet at CLC)</p> <p>11:30am – 12:30pm Ouch! (£3) Chronic Pain & Fatigue support group (August 14th & 28th)</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 Confidence Group (free) All abilities welcome. Please book with reception.</p> <p>2:45pm – 3:45pm Meditation (£3)</p>	<p>10:30am – 12:30pm Allotment group (free) Spend time in our allotment, learning to grow food and spending time in the outdoors (meet at CLC) (August 22nd & 29th)</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) (Peace Room)</p>
<p>10:00am – 4:00pm <u>Pre-booked</u> Support Coordinator Appointments (£3) <u>By referral</u> Music therapy 1-1 (£10)</p>	<p>10:00am – 4:00pm <u>Pre-booked</u> Support Coordinator Appointments (£3) <u>By referral</u> Counselling, psychodrama (£10)</p>	<p>10:00am – 4:00pm <u>Pre-booked</u> Support Coordinator Appointments (£3) <u>By referral</u> Art therapy, Holistic Therapy (£10)</p>	<p>10:00am – 4:00pm <u>Pre-booked</u> Support Coordinator Appointments (£3) <u>By referral</u> Counselling (£10)</p>
Next Member Forum is Thursday 29th August 12pm – 1pm (Peace Room)			



Also available at the centre

FoodCycle provide FREE vegetarian meals on Saturdays, from 4:30pm until 6:45pm. This is available for all members and non-members.

CLC Courses timetable – August 2024

Courses & Workshops

Date	Time	Courses and Workshops
Wednesday 7 th August 2024	4pm – 6pm	Self-Care techniques
Wednesday 14 th August 2024	4pm – 6pm	Challenging negative thoughts
Tuesday 20 th August 2024	10am – 12pm	Combat Stress
Wednesday 21 st August 2024	4pm – 6pm	Stop the Bully in your mind

Tuesday “How To...” sessions- Themed around sustainability, upcycling and reusing

Date	Time	Courses and Workshops
Tuesday 6 th August 2024	3:00pm – 4:30pm	Crochet – basic skills
Tuesday 13 th August 2024		Hand & Foot Care – Create your own skin scrub!
Tuesday 20 th August 2024		Gratitude Jars
Tuesday 27 th August 2024		Card Making

Special Events

Date	Time	Information
Monday 12 th – Thursday 15 th	Various sessions	During allotment week (weather permitting)! We will deliver some of our regular sessions at our allotment. This may include meditation, sensory sessions and support groups – Watch this space for more information.
Thursday 15 th August 2024	10.30am – 12pm	National allotment week: Grow your own salad box. We will be going over to the CLC allotment for this activity where you will take away your very own salad box to grow at home

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