



Tel: 0161 696 7501/07922 423 902 Email: admin@creativelivingcentre.org.uk

Website: www.creativelivingcentre.org.uk

Facebook: www.facebook.com/creativelivingcentre Twitter: @creativelivingc

1A Rectory Lane Prestwich, M25 1BP

April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10am – 4pm Support Coordinator Appointments</p> <p>11am - 12:30pm Arts for All Drop in (£3 Art Room) Mixed media Art Class</p> <p>1pm – 3pm Monday Workshops Mental health and wellbeing workshops (Please contact reception to book) (£3 Peace Room)</p>	<p>10am – 4pm Counselling, Holistic Therapies & Support Coordinator Appointments</p> <p>10am – 11am Mindfulness *NEW* Drop In (£3 Sunflower Room)</p> <p>11am – 12pm Boxercise *NEW* Drop In (£3 Peace Rm) Let's get moving with our new boxercise class.</p> <p>1.30pm – 3.00pm Tuesday Social Group Board game and chat Drop in (£3 Sunshine Café)</p> <p>4pm -5.30pm Bereavement Group Drop In (£3 Peace Room)</p>	<p>10am – 4pm Counselling, Art therapy, Holistic Therapies & Support Coordinator Appointments</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)</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 Learn to Ride *NEW* Contact reception to book (£3) If you lack confidence riding a bike, book a 121 session before coming to Bike Group.</p> <p>2.45pm – 3.45pm Meditation</p>	<p>10am – 4pm Counselling and Support Coordinator Appointments</p> <p>9.30am – 10.30am Pilates - *NEW* Drop In (£3 Peace Room) <u>*Starts 13th April*</u></p> <p>11am - 12:30pm Singing Group with Jean Drop In (£3 Peace Room)</p> <p>11am – 12.30pm Bike Group *NEW* Drop in (£3 meet at CLC) Try some cycling with the CLC bike leaders.</p> <p>12.30 - 2.30pm Warm Hub Our café space is open. Pop by for a cup of tea (free)</p> <p>2pm – 3.30pm Ladies' Support group. Drop in (£3 Art Room)</p>	<p>Close d</p>

Also available at the centre

Saturday Night Group 4.30 – 6.45pm

Foodcycle cook a **FREE** vegetarian meal

Please note the meals are available for all members and non-members

CLC Charges explained.

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1 hour 1:1 Therapy, holistic therapy, art therapy - £10

½ hour holistic therapy - £5

New member appointment (NM) – No charge

Support Appointment & Groups (face to face) - £3

Classes, Courses and Workshops (face to face) - £3

Courses and Workshops delivered by the CLC team

Call to book: 0161 696 7501/ 07922 423 902

Date / Time	Courses and Workshops	How to Book
Saturdays starting the 11 th of March until the 22 nd April 2023 1 pm-3pm	Building Blocks to Wellbeing 7-week courses delivered by Shelley	
Monday 3 rd April 2023 1pm – 3pm	Combat Stress Workshop (Jon) (£3 Peace room)	Call to book: 0161 696 7501/ 07922 423 902
Monday 17 th April 2023 1pm – 3pm	Food and Mental Health (Jon) (£3 Peace room)	Call to book: 0161 696 7501/ 07922 423 902
Monday 24 th April 2023 1pm – 3pm	Grounding Techniques for overthinking and anxiety (Shelley) (£3 Peace room)	Call to book: 0161 696 7501/ 07922 423 902

Activities at the centre **not** run by CLC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>6.15pm-7.15pm <u>Hatha yoga</u> starts 22nd March for 6 weeks. Suitable for all levels of fitness. for more details contact Angela 07749060292</p> <p>6.30pm-7.30pm <u>Directions for Men</u> Drop In, support group for all men (Free)</p>		<p>2pm-3.30pm <u>Outdoor Green Wellbeing Sessions</u> Contact 01772 872007 or email myplace@lancswt.org.uk for more details</p>	<p>10.00am-12.00pm <u>Guitar Group</u> Contact Jean 07721 347742 for more details</p>