



**December 2023**

Monday	Tuesday	Wednesday	Thursday
<p><b>10am – 4pm</b> Music therapy &amp; Support Coordinator Appointments</p> <p><b>9.30am – 11.30am</b> <b>Breakfast Club</b> (free) Start your week off with tea, coffee, some company and cereal.</p> <p><b>10am – 11am</b> <b>Group Music Therapy</b> Nordoff Robbins (free)</p> <p><b>11am - 12:30pm</b> <b>Arts for All</b> Drop in (£3 Art Room) Mixed media Art Class</p> <p><b>11.30am – 12.30pm</b> <b>Singing Group</b> Nordoff Robbins (free)</p> <p><b>1.30pm – 3.30pm</b> <b>Gardening Group</b> Working in our small garden and time for a good chat. (£3)</p> <p><b>3pm – 4pm</b> <b>Mindful Mondays</b> with Jon (Mindfulness)</p>	<p><b>10am – 4pm</b> Counselling, psychodrama &amp; Support Coordinator Appts</p> <p><b>11am – 12pm</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 by for a cup of tea</p> <p><b>12.30pm – 2.30pm</b> <b>Journalling</b> (£3) A different theme each week</p> <p><b>3pm – 4.30pm</b> <b>How To (workshops)</b> -£3 Learn 'How To' make items using the themes of sustainability and reusing (see reverse for more information)</p> <p><b>4pm -5.30pm</b> <b>Bereavement Group</b> Drop In (£3 Peace Room)</p>	<p><b>10am – 4pm</b> Art therapy, Holistic Therapy &amp; Support Coordinator Appts</p> <p><b>10am – 11am</b> <b>Pilates</b> (£3 Peace Rm)</p> <p><b>11am-12.30pm</b> <b>Walking Group</b> (£3 meet at CLC) walking group for all abilities.</p> <p><b>11.30am – 12.30pm</b> <b>Ouch!</b> Chronic Pain &amp; Fatigue support group. (£3) (fortnightly) (6<sup>th</sup> &amp; 20<sup>th</sup>)</p> <p><b>12.30pm – 2.30pm</b> <b>Lunch Service</b> Drop In (Sunshine Cafe) Tasty, nutritious low-cost food in our lunch club</p> <p><b>2pm – 3.30pm</b> <b>Bike 121's</b> Book with reception (£3)</p> <p><b>2.45pm – 3.45pm</b> <b>Meditation</b> (£3)</p>	<p><b>10am – 4pm</b> Counselling &amp; Support Coordinator Appts</p> <p><b>10am – 10.45am</b> <b>Chair based exercises with Susan</b> (£3)</p> <p><b>12.30 - 2.30pm</b> <b>Warm Hub</b> (free) Our café space is open. Pop by for a cup of tea</p> <p><b>2pm – 3.30pm</b> <b>Ladies' Support group.</b> Drop in (£3)</p> <p><b>2.30pm – 3.30pm</b> <b>Men's Support Group</b> Drop in (£3)</p>

**Next Member Forum is Thursday 25<sup>th</sup> January 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 –December 2023

### Keeping Well in Winter Workshops

Date	Time	Courses and Workshops
Monday 11 <sup>th</sup> December 2023	2:30pm – 4:30pm	Grounding techniques
Saturday 16 <sup>th</sup> December 2023	1:00pm – 3:00pm	Stop the bully in your head

### Tuesday Workshops – How To ... - Themed around sustainability, upcycling and reusing

Date	Time	Courses and Workshops
5 <sup>th</sup> December 2023	3:00pm – 4:30pm	Wreath Making – Must book with reception (max 12)
12 <sup>th</sup> December 2023		Make your own Calendar – start planning for 2024!
19 <sup>th</sup> December 2023		Bird feeders

### Cooking Classes

Date	Time	Courses and Workshops	
5 <sup>th</sup> December 2023	10am – 12am	book at reception	Festive baking – learn to make pasties
12 <sup>th</sup> December 2023	10am – 12am	book at reception	Edible gift workshop - Fudge
21 <sup>st</sup> December 2023	4pm - 6pm	book at reception	Takeaway Thursday – Festive Food & non-alcoholic mulled wine

### Special Events

Date	Time	Courses and Workshops
Friday 15 <sup>th</sup> December 2023	11am - 3pm	The CLC Winter Festival – Purchase tickets from Reception
Saturday 16 <sup>th</sup> December 2023	10am – 12pm	Fundraiser – Guitar Concert with Splinter Guitar Group. Suggested donations of £3/£5 with all funds raised split between CLC and shopmobility
Monday 18 <sup>th</sup> December 2023	11.30am - 1pm	Join us and Nordoff Robbins for a festive singalong followed by mince pies in the sunshine café (free)
Thursday 28 <sup>th</sup> December 2023	11am - 2pm	Open for Warm Hub (free)

### 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