



December 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>10:30am – 12:30pm Drop-in Advice (free) Employment advice with a jobcentre advisor</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>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 Creative 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 Creative Crafts (£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 (4th & 18th)</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 & Trike Confidence Group (free) All abilities welcome. Please book with reception.</p> <p>2:45pm – 3:45pm Meditation (£3)</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) (Sunshine Cafe)</p> <p>4:00pm – 5:00pm Next Steps (free) Drug and alcohol support group – <u>this is an open group for members and non-members.</u></p>
<p>10:00am – 4:00pm Pre-booked Support Coordinator Appointments (£3) By referral Music therapy 1-1 (£10)</p>	<p>10:00am – 4:00pm Pre-booked Support Coordinator Appointments (£3) By referral Counselling, psychodrama (£10)</p>	<p>10:00am – 4:00pm Pre-booked Support Coordinator Appointments (£3) By referral Art therapy, Holistic Therapy (£10)</p>	<p>10:00am – 4:00pm Pre-booked Support Coordinator Appointments (£3) By referral Counselling (£10)</p>
<p>No member forum in December – next one will be Thursday 30th January 2025, 12pm–1pm</p>			

Also available at the centre

FoodCycle provide FREE vegetarian meals on Saturdays, from 4:45pm until 6:45pm. This is available for all members and non-members. Closed for Christmas on 28th Dec & 4th Jan.

December changes



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Please note that our timetable and opening times will be amended for the following dates:

Tuesday 24th December – No regular sessions. Warm hub running from 11:00am until 1:00pm.

Monday 30th December – Breakfast club (09:30am-11:00am), Arts for All (11:00am-12:30pm), Warm hub (12:30pm-2:30pm), Gardening Group (1:30pm-3:30pm). No other sessions running.

Tuesday 31st December – Centre closed. Some staff will be available for check-in calls.

Courses & Workshops – December

Courses

Date	Time	Course
Monday 2 nd December 2024	3.00pm - 5.00pm	Building Blocks to Wellbeing - (6-week course) Week 4
Monday 9 th December 2024	3:00pm – 5:00pm	Building Blocks to Wellbeing - (6 week course) Week 5
Monday 16 th December 2024	3:00pm – 5:00pm	Building Blocks to Wellbeing - (6 week course) Week 6

Workshops

Date	Time	Workshop
Tuesday 10 th December 2024	10:00am – 12:00pm	Mindfulness for an anxious world

Creative Craft sessions

Date	Time	Session activity
Tuesday 3 rd December 2024	3:00pm – 4:30pm	Festive Wreaths
Tuesday 10 th December 2024	3:00pm – 4:30pm	Earrings
Tuesday 17 th December 2024	3:00pm – 4:30pm	Christmas Crackers (help make crackers for the Winter Festival)

Special Events

Date	Time	Event
Saturday 7 th December	12.30pm - 2pm	Open to the community – Splinter Guitar Groups Singalong Fundraiser
Monday 16 th December 2024	11.30am - 12.30pm	Festive Singalong with Joe from Nordoff & Robbins followed by mince pies and hot chocolate
Friday 20 th December 2024	11:00am – 3:00pm	Winter Festival (£5 per ticket, £10 with a wellbeing pack) Tickets MUST be purchased from reception in advance

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