



February 2025

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>1:00pm – 2:00pm Breathworks and Relaxation Meditation (£3) *NEW*</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 – 2:00pm Creative Journalling (£3) A different theme each week (Art 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 1:1 Sensory sessions - Jon (30 mins) Book with reception (£3)</p> <p>2:30pm – 4:30pm CLC Mosaic Art Project (£3) *NEW* Help to design and create a group mosaic art piece that will be displayed at the front of the CLC for the community to enjoy</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 (5th & 19th Feb)</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. More info available from reception. (weather permitting!)</p> <p>2:45pm – 3:45pm Mindfulness Based Meditation (£3) Must be on time for this session</p>	<p>11:00am – 12:00pm Chair based exercises with Susan (£3) (Peace room)</p> <p>10:00am – 12:30pm Digital Skills (Free) *NEW* (See reverse for details, sign up with reception)</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>3:00pm – 4:00pm Next Steps (free) *NEW TIME* 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>
Next member forum will be Thursday 27th February 2025, 12pm–1pm			



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Website: www.creativelivingcentre.org.uk

1A Rectory Lane Prestwich, M25 1BP

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.

Courses & Workshops – February 2025

Workshops

Date	Time	Workshop
Tuesday 11 th February 2025	10:00am – 12:00pm	Social Anxiety Workshop - Jon
Monday 17 th February 2025	3:00pm – 5:00pm	Grounding Techniques - Shelley
Monday 24 th February 2025	3:00pm – 5:00pm	Aromatherapy taster session - Susan

Courses - Please sign up at reception

Date	Time	Workshop
Tuesday 18 th February 2025	10:00am – 12:00pm	Living with Anxiety (Week 1) - Jon
Tuesday 25 th February 2025	10:00am – 12:00pm	Living with Anxiety (Week 2) - Jon
Tuesday 4 th March 2025	10:00am – 12:00pm	Living with Anxiety (Week 3) - Jon
Tuesday 11 th March 2025	10:00am – 12:00pm	Living with Anxiety (Week 4) - Jon
Tuesday 18 th March 2025	10:00am – 12:00pm	Living with Anxiety (Week 5) - Jon
Tuesday 25 th March 2025	10:00am – 12:00pm	Living with Anxiety (Week 6) - Jon

Special Events

Date	Time	Event
Tuesday 4 th February 2025 Tuesday 11 th February 2025 Tuesday 25 th February 2025	2.30pm – 4.30pm	CLC Mosaic Art Project – Help design and create a large mosaic artwork for the front of the building for everyone to enjoy
Thursday 6 th February 2025 Thursday 13 th February 2025 Thursday 20 th February 2025 Thursday 27 th February 2025	10:00am – 12:00pm	Beginners Digital Skills: 6-week course (started Jan 25) You will learn how to use your tablet – learn the basics from powering on, adding/removing apps and becoming familiar with useful setting options. Navigate the web, learn to shop online safely. Stay safe online. Book on with reception

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