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1A Rectory Lane Prestwich, M25 1BP

## February 2024

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) (£3)</p>	<p><b>10am – 4pm</b> Counselling, psychodrama &amp; Support Coordinator Appts</p> <p><b>10am – 12pm</b> <b>Cooking with Confidence Workshops</b> (£3) (<a href="#">See reverse for details</a>)</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>2pm- 4pm</b> <b>1:1 Sensory sessions</b> -Jon Book with reception (£3)</p> <p><b>3pm – 4.30pm</b> <b>How To (workshops)</b> (£3) (<a href="#">See reverse for details</a>)</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) (14<sup>th</sup>, 28<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>2pm – 3.30pm</b> <b>Bike Confidence Group</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) - (peace room)</p> <p><b>11am – 1pm</b> <b>Course: Introduction to Growing Vegetables</b> (£3) (<a href="#">See reverse for details</a>) Starts 15<sup>th</sup> Feb – 21<sup>st</sup> March</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>2pm – 3.30pm</b> <b>Ladies' Support group.</b> (peace room) Drop in (£3)</p> <p><b>2.30pm – 3.30pm</b> <b>Men's Support Group</b> Drop in (£3) (Sunshine Cafe)</p>

**Next Member Forum is Thursday 29<sup>th</sup> February 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 –February 2024

### Monday PM - 7-week course

Date	Time	Courses and Workshops
5 <sup>th</sup> February 2024	2:30pm – 4:30pm	Reframe your thoughts to improve your wellbeing – week 4
12 <sup>nd</sup> February 2024	2:30pm – 4:30pm	Reframe your thoughts to improve your wellbeing – week 5
19 <sup>th</sup> February 2024	2:30pm – 4:30pm	Reframe your thoughts to improve your wellbeing – week 6
26 <sup>th</sup> February 2024	2:30pm – 4:30pm	Reframe your thoughts to improve your wellbeing – week 7

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

Date	Time	Courses and Workshops
6 <sup>th</sup> February 2024	3:00pm – 4:30pm	How to knit (suitable for beginners / improvers)
13 <sup>th</sup> February 2024		How to make anti-itch cream
20 <sup>th</sup> February 2024		How to do macrame (suitable for beginners / improvers)
27 <sup>th</sup> February 2024		How to decorate your own tea light holder

### Cooking Classes

Date	Time	How to book	Courses and Workshops
6 <sup>th</sup> February 2024	10am – 12pm	book at reception	Parkin
13 <sup>th</sup> February 2024	10am – 12pm	book at reception	Quiche (make your own shortcrust pastry)
20 <sup>th</sup> February 2024	10am - 12pm	book at reception	Soda Bread
27 <sup>th</sup> February 2024	10am - 12pm	book at reception	Pie Club (Quorn chicken & mushroom)

### Special events

#### [Intro to growing vegetables.](#)

6 week course starting 15<sup>th</sup> February to the 21<sup>st</sup> March 2024.

Thursdays 11am – 1pm

Book with reception: £3

### 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