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1A Rectory Lane Prestwich, M25 1BP

July 2024

Monday	Tuesday	Wednesday	Thursday
<p>10:00am – 4:00pm Music therapy & Support Coordinator Appointments</p> <p>9:30am – 11:30am Breakfast Club (free) Start your week off with tea, coffee, some company and cereal.</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 – 2:30pm Drama for Fun (free) With Tandem Theatre</p> <p>1:30pm – 3:30pm Gardening Group (£3) Working in our small garden and time for a good chat.</p>	<p>10:00am – 4:00pm Counselling, psychodrama & Support Coordinator Appts</p> <p>10:30am – 12:30pm Allotment group (free) Learn to grow food and spend time in the outdoors (meet at CLC)</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 – 2:30pm Journalling (£3) A different theme each week (Art Room)</p> <p>2:00pm – 4:00pm 1:1 Sensory sessions - Jon Book with reception (£3)</p> <p>3:00pm – 4:30pm How To (workshops) (£3) (See reverse for details)</p> <p>4:00pm – 5:30pm Bereavement Group (£3) Drop In (Peace Room)</p>	<p>10:00am – 4:00pm Art therapy, Holistic Therapy & Support Coordinator Appts</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 (3rd, 17th & 31st July)</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 Confidence Group (free) All abilities welcome. Please book with reception.</p> <p>2:45pm – 3:45pm Meditation (£3)</p>	<p>10:00am – 4:00pm Counselling & Support Coordinator Appts</p> <p>10:30am – 12:30pm Allotment group (free) Spend time in our allotment, learning to grow food and spending time in the outdoors (meet at CLC)</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>2:30pm – 4:00pm Ladies' Support Group Drop in (£3) (Peace room)</p> <p>2:30pm – 3:30pm Men's Support Group Drop in (£3) (Peace Room)</p>
Next Member Forum is Thursday 25th July 12pm – 1pm (Peace Room)			



Also available at the centre

FoodCycle provide FREE vegetarian meals on Saturdays, from 4:30pm until 6:45pm. This is available for all members and non-members.

CLC Courses timetable – July 2024

Courses & Workshops

Date	Time	Courses and Workshops
Monday 15 th July 2024	3.30pm - 5.30pm	Stop the Bully in your mind
Wednesday 24 th July 2024	10.30am - 12.30pm	Understanding Anxiety: The Basics
Monday 29 th July 2024	3.30pm - 5.30pm	Relaxation Techniques to combat stress

Tuesday “How To...” sessions- Themed around sustainability, upcycling and reusing

Date	Time	Courses and Workshops
Tuesday 2 nd July 2024	3:00pm – 4:30pm	Decoupage trinket boxes
Tuesday 9 th July 2024		Macrame – basic skills
Tuesday 16 th July 2024		Painting plaster of Paris ornaments
Tuesday 23 rd July 2024		Creating paper flowers
Tuesday 30 th July 2024		Making jewellery

Special Events

Date	Time	Information
Monday 1 st July 2024	3.30pm - 5pm	Share the Music: Listen to the CLC choir with some upbeat songs and join in if you want to. Guitarist with Joe from Nordoff Robbins with some great music. (Event open to the community and free of charge)
Wednesday 3 rd July 2024	1.30pm - 2.30pm	Avril Fitton – Everest Talk. (Free event) Avril is coming back to the CLC to tell us all about her fundraising adventure to Everest Base camp

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