



June 2026				
Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>9:30am – 11:30am</b> <b>Breakfast Club</b> (free) Start your week off with tea, coffee, and cereal.</p> <p><b>10:00am – 11:00am</b> <b>Group Music Therapy</b> Nordoff &amp; Robbins (free)</p> <p><b>10:30am – 12:30pm</b> <b>Drop-in Advice (free)</b> Employment advice with a jobcentre advisor (<i>8<sup>th</sup> June and 22<sup>nd</sup> June</i>)</p> <p><b>11:00am - 12:30pm</b> <b>Arts for All</b> (£3) Drop in Mixed media art session</p> <p><b>11.30am – 12.30pm</b> <b>Singing Group</b> (free) Nordoff &amp; Robbins</p> <p><b>1:00pm – 3pm</b> <b>Gardening Group</b> (£3) Working in our small garden and time for chat</p> <p><b>3:30pm – 5pm</b> <b>*NEW* Carnival Float Decorating Sessions</b> (free) Get creative and help bring our carnival float to life! This year's theme is 'Dream Big' (1<sup>st</sup> and 8<sup>th</sup> June)</p> <p><b>4:00pm – 4:45pm</b> <b>Yoga</b> (£3) with Ashley/Marina</p>	<p><b>11:30am – 12:30pm</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 in for a brew!</p> <p><b>1pm – 2pm - Allotment Group</b> (£3) Get involved in growing &amp; harvesting at our allotment! (Not on 9<sup>th</sup> June)</p> <p><b>2:30-3:30pm</b> <b>Creative Journalling (£3) *NEW* (<i>2<sup>nd</sup> June and 23<sup>rd</sup> June</i>)</b></p> <p><b>3:30pm – 5:00pm</b> <b>Bereavement &amp; Grief Workshops</b> (<i>2<sup>nd</sup> June, 9<sup>th</sup> June and 16<sup>th</sup> June</i>)</p> <p><b>3pm – 4:30pm</b> <b>Cooking Workshops</b> (£3) (See reverse for details) (<i>16<sup>th</sup> and 23<sup>rd</sup> June</i>)</p>	<p><b>10am-12pm</b> <b>Virtual Reality Mechanics Course</b> (free) Must have been contacted and signed up to attend. (weekly)</p> <p><b>11:00am– 12:30pm</b> <b>Walking group -</b> (£3) walking group for all abilities (meet at CLC)</p> <p><b>12:30 – 2:30pm</b> <b>Lunch Service</b> Drop In (Sunshine Cafe) Tasty, nutritious low-cost food in our lunch club</p> <p><b>1:00pm – 2:30pm</b> <b>Bike &amp; Trike Confidence Group</b> (free) All abilities welcome. More info available from reception. (weather permitting!)</p>	<p><b>10am–12pm</b> <b>Intermediate Digital Skills: 6-week course with Bury Adult Learning</b> – Starts 4<sup>th</sup> June 2026</p> <p><b>10.30am – 11.30am</b> <b>Pilates with Sparklife</b> (£3) Low intensity Pilates with Maggie! (<u>Not</u> on 4<sup>th</sup> June)</p> <p><b>11.45 – 12:45pm</b> <b>*NEW* Mindfulness Sessions</b> Get involved in mindful activities weekly (£3)</p> <p><b>12.30pm-2.30pm</b> <b>Warm Hub</b> (free) Our café space is open. Pop in for a brew!</p> <p><b>2:00pm – 4:00pm</b> <b>Ladies' Chat &amp; Craft Group</b> Drop in (£3) (Peace room)</p> <p><b>2pm – 4 pm</b> <b>CAB Drop-in *NEW*</b> Citizen's advice - Here to support you! (Sunflower room) (<u>Only</u> 18<sup>th</sup> June)</p>	<p><b>10:30am – 12:30pm</b> <b>Allotment Group</b> (£3) Get involved in growing &amp; harvesting at our allotment! (<u>12<sup>th</sup> and 26<sup>th</sup> June</u>)</p> <p><b>11:15am – 12:15pm</b> <b>Digital Hub – Drop In</b> (free) Pop in and make use of our IT suite!</p> <p><b>12.30pm – 2.30pm</b> <b>Warm Hub</b> (free) Our café space is open. Pop in for a brew!</p> <p><b>1.30pm – 2.30pm</b> <b>Dance Fit</b> (£3) Let's have some fun with dance and movement (not on 19<sup>th</sup> June)</p>
<p><b>10:00am – 4:00pm</b> <b>Pre-booked</b> Support Coordinator Appointments (£3) <b>By referral</b> Music Therapy 1:1</p>	<p><b>10:00am – 4:00pm</b> <b>Pre-booked</b> Support Coordinator Appointments (£3) <b>By referral</b> Counselling (£15)</p>	<p><b>10:00am – 4:00pm</b> <b>Pre-booked</b> Support Coordinator Appointments (£3) <b>By referral</b> Art therapy, Holistic Therapy (£15)</p>	<p><b>10:00am – 4:00pm</b> <b>Pre-booked</b> Support Coordinator Appointments (£3) <b>By referral</b> Counselling (£15)</p>	<p><b>10:00am – 2:00pm</b> <b>Pre-booked</b> Support Coordinator Appointments (£3) <b>By referral</b> Holistic Therapy (£15)</p>
<b>Next Member Forum: Thursday 25<sup>th</sup> June, 2026, 12pm–1pm – Sunshine Cafe</b>				



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

**Workshops and Courses (Must sign up at Reception)**

Date	Time	Workshop / Courses – Book at reception
Tuesday 2 <sup>nd</sup> June	2:30pm – 3:30pm	Help Yourself to Wellbeing Course (Session 5 – Healthy Lifestyle Choices) – Georgia (Free)
Thursday 11 <sup>th</sup> June	12:30 – 1:30	Dream Exploration Workshop – (Vivian) - Free to Attend A reflective session exploring dreams and what they may represent, using creative discussion and interpretation.

**Cooking Classes – must book in advance (Lead: Cath)**

Date	Time	Workshop / Courses – Book at reception
Tuesday 16 <sup>th</sup> June	3-4:30pm	Lentil Gnocchi Ragu
Tuesday 23 <sup>rd</sup> June	3-4:30pm	Pasta Alla Norma

**Creative Workshops – must book in advance**

Date	Time	Workshop / Courses – Book at reception
Tuesday 9 <sup>th</sup> June	2:30pm – 3:30pm	Creative Canvas Social (Lead: Olivia) A relaxed and enjoyable painting workshop where you can unwind, be creative, and socialise while creating your own artwork - £3
Tuesday 16 <sup>th</sup> June	2pm – 3:30pm	Zine Printing Workshop (Lead: Rachael) Design and create your own zine using simple print techniques, great for storytelling, self-expression, and creativity – Free Entry
Wednesday 17 <sup>th</sup> June	3pm – 5pm	Mindful Stone Art (Lead: Shelley and Olivia) A calming and grounding activity using stone painting to support mindfulness, focus, and creative expression - £3

**Special Events**

Date	Time	Event
Thursday 4 <sup>th</sup> June	12pm – 1pm	Volunteer Open Hour – Come along to discuss becoming a volunteer at the Creative Living Centre. Refreshments provided.
Sunday 14 <sup>th</sup> June	10am – 3pm	Prestwich Carnival Parade! We would love members to join us to walk the route. <b>More details to follow.</b>
Thursday 18 <sup>th</sup> June	10am – 1pm	RHS Bridgewater Visit (Lead: Fahmida)
Saturday 20 <sup>th</sup> June	1pm – 2:30pm	Splinter Guitar Recital - A live music event at the CLC, open to the community, raising funds to support the centre's work.

**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, Counselling, holistic therapy, art therapy - £15