



Tel: 0161 696 7501/07922 423 902

Email: admin@creativelivingcentre.org.uk

Website: www.creativelivingcentre.org.uk

1A Rectory Lane Prestwich, M25 1BP

June 2024

Monday	Tuesday	Wednesday	Thursday
<p>10:00am – 4:00pm Music therapy & Support Coordinator Appointments</p> <p>9:30am – 10:45am 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 Drop in (£3) 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>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 – 12:00pm 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 June)</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>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>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>
<p>Next Member Forum is Thursday 27th June 12pm – 1pm (Peace Room)</p>			



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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.

(Please note that this will not be running on Saturday 1st and 8th June)

CLC Courses timetable – June 2024

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

Date	Time	Courses and Workshops
Tuesday 4 th June 2024	3:00pm – 4:30pm	Decorating canvas bags
Tuesday 11 th June 2024		Motivational Wall Art - Wooden Signs
Tuesday 18 th June 2024		Bath bombs
Tuesday 25 th June 2024		Fudge making

Special Events

Date	Time	Information
Thursday 6 th June 2024	10:30am – 12:30pm	Carnival Float Decoration – Session 1 (FREE OF CHARGE)
Thursday 13 th June 2024	10:30am – 12:30pm	Carnival Float Decoration – Session 2 (FREE OF CHARGE)
Thursday 20 th June 2024	10:30am – 12:30pm	Carnival Float Decoration – Session 3 (FREE OF CHARGE)
Thursday 27 th June 2024	11:00am – 12:30pm	Claytime Part 2 – Decorating your item (only for those that attended the first pottery session on 7 th May)

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

We'll be attending...

Bury Pride - Sat 1st June
Knowsley Street



Prestwich Carnival – Sun 23rd June
St Mary's Park



If you see us, come and say hello!