



March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<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)</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 quiet reflective space (Art Room)</p> <p>12:30pm – 2:30pm Warm Hub (free) Our café space is open. Pop in for a brew!</p> <p>1:00pm – 2:00pm Ouch! (£3) <i>New day/time</i> Chronic Pain & Fatigue support group (4th & 18th Mar)</p> <p>1:30pm – 3.00pm Allotment Group - (£3) *NEW* from 11th March Get involved in growing & harvesting at our allotment!</p> <p>3:30pm – 5:00pm Bereavement Group (£3) <i>New time!</i> Drop In (Peace Room)</p>	<p>11:00am – 12:30pm Walking group - (£3) walking group for all abilities (meet at CLC)</p> <p>12:30pm – 2:30pm Lunch Service Drop In (Sunshine Cafe) Tasty, nutritious low-cost food in our lunch club</p> <p>2:45pm – 3:45pm Mindfulness Based Meditation (£3) Must be on time for this session</p>	<p>10:00am – 12:00pm Digital Skills (Free) *NEW* (See reverse for details, sign up with reception)</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>2:00pm – 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) Drug and alcohol support group – <u>this is an open group for members and non-members.</u></p>	<p>10:30am – 12:30pm Allotment Group - (£3) *NEW* (14th & 28th) Get involved in growing & harvesting at our allotment!</p> <p>12:00pm – 3:00pm 1:1 Sensory sessions - Jon (30 mins) Book with reception (£3)</p> <p>12.30pm – 2.30pm Warm Hub (free) Our café space is open. Pop in for a brew!</p>
<p>10:00am – 4:00pm Pre-booked Support Coordinator Appointments (£3) By referral Music therapy 1-1</p>	<p>10:00am – 4:00pm Pre-booked Support Coordinator Appointments (£3) By referral Counselling (£10) psychodrama</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>	<p>10:00am – 2:00pm Pre-booked Support Coordinator Appointments (£3) By referral Holistic Therapy (£10)</p>

Next member forum will be Thursday 27th March 2025, 12pm–1pm

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 – March 2025

Workshops

Date	Time	Workshop
Monday 24 th March 2025	3:00pm – 5:00pm	Self-Care Workshop - Susan
Monday 31 st March 2025	3:00pm – 5:00pm	Self-Compassion Workshop - Shelley

Courses - Please sign up at reception

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

Special Events

Date	Time	Event
Tuesday 11 th March 2025 – Final Session	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
Friday 14 th March 2025	11.30am – 12.30pm	Universal Credit & Legacy Benefits – How will it affect you? – A session hosted by Nas from Prestwich Job Centre to help inform you about the changes happening this year and to answer any questions and guide you through the process. Please register your interest with reception
Thursday 6 th March 2025 Thursday 13 th March 2025 Thursday 20 th March 2025 Thursday 27 th March 2025	10:00am – 12:00pm	Digital Skills – Internet Safety: 6-week course (Mar 6th) IT skills are an essential part of daily lives from smartphones/tablets to shopping online. Step into the digital age with our free course. This course will help you to gain confidence, enhance your everyday digital skills and become more independent using the skills required for work and life in today's digital world. You will be focusing on simple practical tips and strategies for Internet Safety. 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