



Tel: 0161 696 7501/07922 423 902 Email: admin@creativelivingcentre.org.uk

Website: www.creativelivingcentre.org.uk

1A Rectory Lane Prestwich, M25 1BP

## March 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</b> (free) Employment advice with a jobcentre advisor (2<sup>nd</sup>, 16<sup>th</sup> &amp; 30<sup>th</sup> Mar)</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 – 2:30pm</b> <b>Gardening Group</b> (£3) Working in our small garden and time for chat (Max 5. people – must sign up at reception)</p> <p><b>4:00pm – 5:00pm</b> <b>Yoga</b> (£3) with Ashley</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>1:30pm-2:30pm - Allotment Group</b> (£3) *NEW* (17th &amp; 24th) Get involved in growing &amp; harvesting at our allotment!</p> <p><b>1:00pm – 2:30pm</b> <b>Drama for Fun – Tandem Theatre</b> (Free)</p> <p><b>3:30pm – 5:00pm</b> <b>Bereavement &amp; Loss Support Group</b> (£3) <u>Fortnightly 3<sup>rd</sup>, 17<sup>th</sup> &amp; 31<sup>st</sup> March</u></p> <p><b>3:30pm – 5:00pm</b> <b>Cooking Workshops</b> (£3) <u>Fortnightly 17<sup>th</sup> &amp; 31<sup>st</sup> March</u></p>	<p><b>10am-12pm</b> <b>Virtual Reality Mechanics Course</b> (free) Must have been contacted and signed up to attend. (weekly from 11<sup>th</sup> March)</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> – weekly <i>ends 2<sup>nd</sup> April 2026</i></p> <p><b>10.30am – 11.30am</b> <b>Pilates with Sparklife</b> (£3) Low intensity Pilates with Maggie!</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>2:30pm – 4:30pm</b> <b>CAB Drop-in</b> *NEW* Citizen's advice - Here to support you! (Sunflower room) 5<sup>th</sup> &amp; 19<sup>th</sup> Mar)</p>	<p><b>10:30am – 12:30pm</b> <b>Allotment Group</b> (£3) *NEW* (20th &amp; 27th) Get involved in growing &amp; harvesting at our allotment!</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 – 1:30pm</b> <b>Creative Journalling</b> (£3) *NEW* (ONLY 27<sup>th</sup>)</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.</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 (£10)</p>	<p><b>10:00am – 4:00pm</b> <b>Pre-booked</b> Support Coordinator Appointments (£3) <b>By referral</b> Art therapy, Holistic Therapy (£10)</p>	<p><b>10:00am – 4:00pm</b> <b>Pre-booked</b> Support Coordinator Appointments (£3) <b>By referral</b> Counselling (£10)</p>	<p><b>10:00am – 2:00pm</b> <b>Pre-booked</b> Support Coordinator Appointments (£3) <b>By referral</b> Holistic Therapy (£10)</p>
<b>Next Member Forum: Thursday 26<sup>th</sup> March 2026, 12pm–1pm – Sunshine Cafe</b>				

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**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 2026

### Workshops and Courses

Date	Time	Workshop / Courses – Book at reception
Friday 13 <sup>th</sup> March	10:30am – 12pm	<b>Sleep Workshop</b> (Georgia) – Free
Monday 16 <sup>th</sup> March	12:30pm – 2:30pm	<b>Challenging Negative Thoughts</b> (Shelley and Olivia) - Free

### Live Well Festival

Date	Time	Workshops
Wednesday 18 <sup>th</sup> March	12:30pm – 2:30pm	<b>Community Café Drop-In/Meet the CLC - Open to the community – part of the GM Live Well Festival</b>

### Special Events

Date	Time	Event
Monday 9 <sup>th</sup> March	12:30pm – 2:30pm	<b>Community Heroes Event</b> - Voices for Our Volunteers - A creative session where members interview each other on camera to share kind words and appreciation about our volunteers. The recordings will be edited and showcased at the Volunteer Awards Ceremony.
Tuesday 10 <sup>th</sup> March	3pm – 5pm	<b>Claytime Session</b> – Join them for a creative clay-based session at the CLC - <b>£3</b>
Friday 20 <sup>th</sup> March	12:30pm – 2:30pm	<b>Barbara Heron Volunteer Award Ceremony</b> – Join us as we come together to celebrate and recognise the outstanding dedication, kindness, and hard work of our volunteers. A warm and uplifting event honouring the people who make a real difference in our community.

### 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** - £10