



## May 2025

Monday (12 <sup>th</sup> & 19 <sup>th</sup> )	Tuesday	Wednesday	Thursday	Friday
<p><b>9:30am – 11:30am</b> <b>Breakfast Club</b> (free) Start your week off with tea, coffee, some company and cereal.</p> <p><b>10:30am – 12:30pm</b> <b>Drop-in Advice</b> (free) Employment advice with a jobcentre advisor</p> <p><b>11am - 12:30pm</b> <b>Arts for All</b> (£3) Drop in Mixed media art session (Art Room)</p> <p><b>11:30am – 12:30pm</b> <b>Singing with Jean</b> (Free) Monday 19<sup>th</sup> only</p> <p><b>1:00pm – 2:00pm</b> <b>Breathworks and Relaxation Meditation</b> (£3)</p> <p><b>1:30pm – 3:30pm</b> <b>Gardening Group</b> (£3) Working in our small garden and time for a good chat.</p> <p><b>2.30pm – 3.30pm</b> <b>Music for Fun – Jam Session</b> *NEW* (free) (Monday 12<sup>th</sup> only) Volunteer led relaxed drop-in music session (free)</p>	<p><b>11:00am – 12:00pm</b> <b>Boxercise</b> (£3) Let's get moving with our new boxercise class.</p> <p><b>12:30pm – 2:00pm</b> <b>Creative Journalling</b> (£3) A quiet reflective space (Art Room) (NOT 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>1:00pm – 2:00pm</b> <b>Ouch!</b> (£3) <u>Fortnightly</u> Chronic Pain &amp; Fatigue support group (13<sup>th</sup>, 27<sup>th</sup> May)</p> <p><b>1:30pm – 3.00pm</b> <b>Allotment Group</b> - (Free) Get involved in growing &amp; harvesting at our allotment!</p> <p><b>2:30pm – 4:30pm</b> <b>Carnival Decoration Sessions</b> (Free) Led by Poppy Weekly until 17<sup>th</sup> June</p> <p><b>3:30pm – 5:00pm</b> <b>Bereavement Group</b> (£3) <u>Fortnightly</u> (13<sup>th</sup>, 27<sup>th</sup> May) Drop In (Peace Room)</p>	<p><b>11:00am – 12:30pm</b> <b>Walking group</b> - (£3) walking group for all abilities (meet at CLC)</p> <p><b>12:30pm – 2:30pm</b> <b>Lunch Service</b> Drop In (Sunshine Cafe) Tasty, nutritious low-cost food in our lunch club</p> <p><b>2:00pm – 3:30pm</b> <b>Bike &amp; Trike Confidence Group</b> (free) All abilities welcome. More info available from reception. (weather permitting!)</p> <p><b>2:45pm – 3:45pm</b> <b>Mindfulness Based Meditation</b> (£3) Must be on time for this session (NOT 28<sup>th</sup>)</p>	<p><b>10:00am – 12:00pm</b> <b>Digital Skills</b> (Free) *NEW* (See reverse for details, sign up with reception)</p> <p><b>11:00am – 12:00pm</b> <b>Chair based exercises with Susan</b> (£3) (Peace room) (NOT 29<sup>th</sup>)</p> <p><b>12.30pm – 1.30pm</b> <b>Dance Fit with Sparklife</b> (£3) Dance yourself fit 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' Support Group</b> Drop in (£3) (Peace room)</p> <p><b>2:30pm – 3:30pm</b> <b>Men's Support Group</b> Drop in (£3) (Sunshine Cafe)</p>	<p><b>10:30am – 12:30pm</b> <b>Allotment Group</b> - (Free) Get involved in growing &amp; harvesting at our allotment! (NOT 16<sup>th</sup> May)</p> <p><b>12:00pm – 3:00pm</b> <b>1:1 Sensory sessions</b> - Jon (30 mins) Book with reception (£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>10:00am – 4:00pm</b> <b>Pre-booked</b> Support Coordinator Appointments (£3) <b>By referral</b></p>	<p><b>10:00am – 4:00pm</b> <b>Pre-booked</b> Support Coordinator Appointments (£3) <b>By referral</b> Counselling (£10) Psychodrama 1-1</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>

**Next member forum will be Thursday 29<sup>th</sup> May 2025, 12pm–1pm – Peace Room**



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

## Courses & Workshops – May 2025

### Workshops

Date	Time	Workshop/ Course – Book at reception
Wednesday 7 <sup>th</sup> May 2025 – Wednesday 18 <sup>th</sup> June (6 weeks)	10:30am – 12:30pm	Building Blocks to Wellbeing – 6-week course – Susan
Monday 12 <sup>th</sup> May 2025	2:30pm – 3:30pm	Butterfly Tapping Workshop – Jon
Tuesday 13 <sup>th</sup> May`	11:00am – 12:00pm	Inspirational Sign Making - Shelley

### Special Events

Date	Time	Event
Tuesday 6 <sup>th</sup> May 2025	2.30pm – 4.00pm	<b>Mosaic Creation Session – FREE</b> Led by mosaic artist Tracey Cartledge this session is to create elements of the larger community mural project for the wall outside the centre next to the tram station. No experience necessary! <b>Please register your interest with reception</b>
Friday 9 <sup>th</sup> May 2025	10.00am - 3.00pm (with breaks!)	<b>Mural Painting Session – FREE</b> A session hosted by artist Oskar Walin, come along and be a part of creating the community mural outside the centre. No experience necessary! <b>Please register your interest with reception</b>
Thursday 24 <sup>th</sup> April 2025 Thursday 29 <sup>th</sup> May 2025 – Final session	10:00am – 12:00pm	<b>Digital Skills – Intermediate Skills: 6-week course FREE</b> 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 more advanced practical tips and strategies. <b>Book on with reception</b>
Monday 12 <sup>th</sup> May 2025 – Friday 16 <sup>th</sup> May 2025	Events each day!	<b>Mental Health Awareness Week –</b> We will have sessions on throughout the week around the theme of 'community'. Please see our separate timetable for a list of sessions.
Friday 16 <sup>th</sup> May	10.00am – 3.00pm	<b>GM Walking Festival RHS Bridgewater Trip – FREE</b> Members can sign up to join Kylie and volunteers on a walk around the wellbeing gardens and main gardens! <b>Book on with reception</b>

### 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