



May 2025

Monday (12 th & 19 th)	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>11am - 12:30pm Arts for All (£3) Drop in Mixed media art session (Art Room)</p> <p>11:30am – 12:30pm Singing with Jean (Free) Monday 19th only</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>2.30pm – 3.30pm Music for Fun – Jam Session *NEW* (free) (Monday 12th only) Volunteer led relaxed drop-in music session (free)</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) (<i>NOT 27th</i>)</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>Fortnightly</i> Chronic Pain & Fatigue support group (<i>13th, 27th May</i>)</p> <p>1:30pm – 3.00pm Allotment Group - (Free) Get involved in growing & harvesting at our allotment!</p> <p>2:30pm – 4:30pm Carnival Decoration Sessions (Free) Led by Poppy <i>Weekly Starts 13th May until 17th June</i></p> <p>3:30pm – 5:00pm Bereavement Group (£3) <i>Fortnightly</i> (<i>13th, 27th May</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>2:00pm – 3:30pm Bike & Trike Confidence Group (free) All abilities welcome. More info available from reception. (weather permitting!)</p> <p>2:45pm – 3:45pm Mindfulness Based Meditation (£3) Must be on time for this session (<i>NOT 28th</i>)</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) (<i>NOT 29th</i>)</p> <p>12.30pm – 1.30pm Dance Fit with Sparklife (£3) Dance yourself fit with Maggie!</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>10:30am – 12:30pm Allotment Group - (Free) Get involved in growing & harvesting at our allotment! (<i>NOT 16th May</i>)</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</p>	<p>10:00am – 4:00pm Pre-booked Support Coordinator Appointments (£3) By referral Counselling (£10) Psychodrama 1-1</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 29th 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 th May 2025 – Wednesday 18 th June (6 weeks)	10:30am – 12:30pm	Building Blocks to Wellbeing – 6-week course – Susan
Monday 12 th May 2025	2:30pm – 3:30pm	Butterfly Tapping Workshop – Jon
Tuesday 13 th May 2025	11:00am – 12:00pm	Inspirational Sign Making - Shelley

Special Events

Date	Time	Event
Tuesday 6 th May 2025	2.30pm – 4.00pm	Mosaic Creation Session – FREE 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! Please register your interest with reception
Friday 9 th May 2025	10.00am - 3.00pm (with breaks!)	Mural Painting Session – FREE A session hosted by artist Oskar Walin, come along and be a part of creating the community mural outside the centre. No experience necessary! Please register your interest with reception
Thursday 24 th April 2025 Thursday 29 th May 2025 – Final session	10:00am – 12:00pm	Digital Skills – Intermediate Skills: 6-week course FREE 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. Book on with reception
Monday 12 th May 2025 – Friday 16 th May 2025	Events each day!	Mental Health Awareness Week – 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 th May 2025	10.00am – 3.00pm	GM Walking Festival RHS Bridgewater Trip – FREE Members can sign up to join Kylie and volunteers on a walk around the wellbeing gardens and main gardens! 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