



Tel: 0161 696 7501/07922 423 902 Email: [admin@creativelivingcentre.org.uk](mailto:admin@creativelivingcentre.org.uk)

Website: [www.creativelivingcentre.org.uk](http://www.creativelivingcentre.org.uk)

1A Rectory Lane Prestwich, M25 1BP

May 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 (free)</b> Employment advice with a jobcentre advisor (<i>11<sup>th</sup> May ONLY</i>)</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 – 3pm</b> <b>Gardening Group</b> (£3) Working in our small garden and time for chat</p> <p><b>3:30pm – 5pm</b> <b>*NEW* Carnival Float Decorating Sessions</b> (free) Get creative and help bring our carnival float to life! This year's theme is 'Dream Big'</p> <p><b>4:00pm – 4:45pm</b> <b>Yoga</b> (£3) with Ashley</p>	<p><b>10am – 12pm *NEW*</b> <b>Calico drop-in advice</b> (free) Housing advice weekly with Jac and Gill</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>1pm – 2pm -</b> <b>Allotment Group</b> (£3) Get involved in growing &amp; harvesting at our allotment!</p> <p><b>2:30-3:30pm</b> <b>Creative Journalling</b> (£3) <b>*NEW*</b> <i>Fortnightly (5<sup>th</sup> May and 19<sup>th</sup> May)</i></p> <p><b>3:30pm – 5:00pm</b> <b>Bereavement &amp; Loss Support Group</b> (£3) <i>Fortnightly (12<sup>th</sup> May and 26<sup>th</sup> May)</i></p> <p><b>3pm – 4:30pm</b> <b>Cooking Workshops</b> (£3) (See reverse for details) <i>Fortnightly (12<sup>th</sup> May and 26<sup>th</sup> May)</i></p>	<p><b>10am-12pm</b> <b>Virtual Reality Mechanics Course</b> (free) Must have been contacted and signed up to attend. (weekly)</p> <p><b>11:00am– 12:30pm</b> <b>Walking group -</b> (£3) walking group for all abilities (meet at CLC) (NOT on 13<sup>th</sup>)</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>Beginners Digital Skills: 6-week course with Bury Adult Learning</b> – Starts 23<sup>rd</sup> April until 28<sup>th</sup> May</p> <p><b>10.30am – 11.30am</b> <b>Pilates with Sparklife</b> (£3) Low intensity Pilates with Maggie!</p> <p><b>11.45 – 12:45pm</b> <b>*NEW*</b> <b>Mindfulness Sessions</b> Get involved in mindful activities weekly (£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>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 *NEW*</b> Citizen's advice - Here to support you! (Sunflower room) <i>Fortnightly (14<sup>th</sup> May and 28<sup>th</sup> May)</i></p>	<p><b>10:30am – 12:30pm</b> <b>Allotment Group</b> (£3) 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! (NOT on 8<sup>th</sup> May)</p> <p><b>12.30pm – 2.30pm</b> <b>Warm Hub</b> (free) Our café space is open. Pop in for a brew! (NOT on 8<sup>th</sup> May)</p> <p><b>1.30pm – 2.30pm</b> <b>Dance Fit</b> (£3) Let's have some fun with dance and movement. (NOT on 8<sup>th</sup> May)</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: May 29<sup>th</sup>, 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.**

**Workshops and Courses (Must sign up at Reception)**

Date	Time	Workshop / Courses – Book at reception
Tuesday 5 <sup>th</sup> May – Tuesday 2 <sup>nd</sup> June	2:30pm – 3:30pm	<b>Help Yourself to Wellbeing Course</b> - a free five-week program, designed to boost mental and physical wellness. It offers weekly sessions covering topics like behaviour change, stress management, self-esteem, and healthy lifestyle choices – Georgia (Free)
Monday 11 <sup>th</sup> – Monday 25 <sup>th</sup> May	1:30pm- 3pm	<b>Mood and Food</b> – 4-week course – Georgia (£3)
Tuesday 12 <sup>th</sup> May	1pm – 2:30pm	<b>Mindfulness Skills</b> – Vivian (£3)
Wednesday 20 <sup>th</sup> May	3 – 4:30pm	<b>Coping with Chronic Pain</b> – Georgia (£3)

**Cooking Classes – must book in advance**

Date	Time	Workshop / Courses – Book at reception
Tuesday 12 <sup>th</sup> May	3-4:30pm	Minestrone Soup and Soda Bread
Tuesday 26 <sup>th</sup> May	3-4:30pm	Vegetable Tagine and Couscous

**Special Events**

Date	Time	Event
Wednesday 13 <sup>th</sup> May	10am – 1pm	<b>Walk at Hollingworth Lake (Fahmida)</b> – Take part in GM Walking Festival and get out in fresh air and nature for your mental health! - Must be signed up prior ( <b>limited availability</b> )
Wednesday 13 <sup>th</sup> May	12:30pm – 2pm	<b>Creativity for Wellbeing: Positivi-Tea Mugs (Shelley and Georgia)</b> - As part of Mental Health Awareness Week, join us for a relaxed and creative workshop where members can paint their own mug to keep. Using paints and pens, you'll be invited to decorate a mug with colours, patterns, words, or messages that feel uplifting or comforting to you.
Thursday 14 <sup>th</sup> May	All day	<b>Wear it Green Day:</b> To turn the world green, fight stigma, and raise funds for mental health research and programs. <b>How to Participate:</b> Wear green clothes or accessories, host a coffee morning, or take part in other activities.

**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