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Website: www.creativelivingcentre.org.uk

1A Rectory Lane Prestwich, M25 1BP

November 2023

Monday	Tuesday	Wednesday	Thursday
<p>10am – 4pm Music therapy & Support Coordinator Appointments</p> <p>9.30am – 11.30am Breakfast Club (free) Start your week off with tea, coffee, some company and cereal.</p> <p>10am – 11am Group Music Therapy Nordoff Robbins (free)</p> <p>11am - 12:30pm Arts for All Drop in (£3 Art Room) Mixed media Art Class</p> <p>11.30am – 12.30pm Singing Group Nordoff Robbins (free)</p> <p>1.30pm – 3.30pm Gardening Group Working in our small garden and time for a good chat. (£3)</p> <p>3pm – 4pm Mindful Mondays with Jon (Mindfulness)</p>	<p>10am – 4pm Counselling, psychodrama & Support Coordinator Appts</p> <p>11am – 12pm Boxercise (£3) Let's get moving with our new boxercise class.</p> <p>12.30pm – 2.30pm Warm Hub (free) Our café space is open. Pop by for a cup of tea</p> <p>12.30pm – 2.30pm Journalling (£3) A different theme each week</p> <p>3pm – 4.30pm How To (workshops) -£3 Learn 'How To' make items using the themes of sustainability and reusing (see reverse for more information)</p> <p>4pm -5.30pm Bereavement Group Drop In (£3 Peace Room)</p>	<p>10am – 4pm Art therapy, Holistic Therapy & Support Coordinator Appts</p> <p>10am – 11am Pilates (£3 Peace Rm)</p> <p>11am-12.30pm Walking Group (£3 meet at CLC) walking group for all abilities.</p> <p>11.30am – 12.30pm Ouch! Chronic Pain & Fatigue support group. (£3) (fortnightly) (1st, 15th, 29th)</p> <p>12.30pm – 2.30pm Lunch Service Drop In (Sunshine Cafe) Tasty, nutritious low-cost food in our lunch club</p> <p>2pm – 3.30pm Bike 121's Book with reception (£3)</p> <p>2.45pm – 3.45pm Meditation (£3)</p>	<p>10am – 4pm Counselling & Support Coordinator Appts</p> <p>10am – 10.45am Chair based exercises with Susan (£3)</p> <p>10am – 12pm Art Class with Mark Carey *NEW* (please see reverse for details) (£3)</p> <p>12.30 - 2.30pm Warm Hub (free) Our café space is open. Pop by for a cup of tea</p> <p>2pm – 3.30pm Ladies' Support group. Drop in (£3)</p> <p>2.30pm – 3.30pm Men's Support Group *NEW* Drop in (£3)</p>

Next Member Forum is Thursday 30th November 12pm – 1pm (Peace Room)

Also available at the centre

Saturday Night Group 4.30 – 6.45pm Foodcycle will provide a FREE vegetarian meal

Please note the meals are available for all members and non-members



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CLC Courses timetable – November 2023

Monday Workshops

Date	Time	Courses and Workshops
13 th November 2023	1pm – 3pm	Challenging Negative Thoughts
20 th November 2023		Self-Care
27 th November 2023		Building Self compassion

Tuesday Workshops – How To ... - Themed around sustainability, upcycling and reusing

Date	Time	Courses and Workshops
7 th November 2023	3:00pm – 4:30pm	Bath Bombs
14 th November 2023		Macrame
21 st November 2023		Card making
28 th November 2023		Decoupage decorations

Thursday Workshops – Art Classes

Date	Time	Courses and Workshops
2 nd November 2023	10am - 12pm	Portrait, working from an image or each other
9 th November 2023		Figure, working from an image or each other
16 th November 2023		Negative space exercise
23 rd November 2023		Simple tonal still life

Thursday Workshops – cooking classes

Date	Time	Courses and Workshops	
2 nd November 2023	4.30pm - 6.30pm	book at reception	Fakeaway Thursday - Fajitas and mocktails
16 th November 2023	11am – 12.30pm	book at reception	Stained glass window biscuits
30 th November 2023	4pm - 6pm	book at reception	Fakeaway Thursday - Pizza Making

CLC Charges explained.

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