



Tel: 0161 696 7501/07922 423 902

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1A Rectory Lane Prestwich, M25 1BP

## November 2024

Monday	Tuesday	Wednesday	Thursday
<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>10:00am – 11:00am</b> <b>Group Music Therapy</b> Nordoff &amp; Robbins (free)</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 Group</b> (free) Nordoff &amp; Robbins</p> <p><b>1:00pm – 2:30pm</b> <b>Drama for Fun</b> (free) With Tandem Theatre</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>11:00am – 12:00pm</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>12:30pm – 2:00pm</b> <b>Creative Journalling</b> (£3) A different theme each week (Art Room)</p> <p><b>2:00pm – 4:00pm</b> <b>1:1 Sensory sessions - Jon</b> (30 mins) Book with reception (£3)</p> <p><b>3:00pm – 4:30pm</b> <b>Creative Crafts</b> (£3) (See reverse for details)</p> <p><b>4:00pm – 5:30pm</b> <b>Bereavement Group</b> (£3) 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>11:30am – 12:30pm</b> <b>Ouch!</b> (£3) Chronic Pain &amp; Fatigue support group (6<sup>th</sup> &amp; 20<sup>th</sup>)</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 Confidence Group</b> (free) All abilities welcome. Please book with reception.</p> <p><b>2:45pm – 3:45pm</b> <b>Meditation</b> (£3)</p>	<p><b>11:00am – 12:00pm</b> <b>Chair based exercises with Susan</b> (£3) (Peace room)</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>4:00pm – 5:00pm</b> <b>Next Steps</b> (free) Drug and alcohol support group – <u>this is an open group for members and non-members.</u></p>
<p><b>10:00am – 4:00pm</b> <b>Pre-booked</b> Support Coordinator Appointments (£3) <b>By referral</b> Music therapy 1-1 (£10)</p>	<p><b>10:00am – 4:00pm</b> <b>Pre-booked</b> Support Coordinator Appointments (£3) <b>By referral</b> Counselling, psychodrama (£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>
<b>Next Member Forum is Thursday 28<sup>th</sup> November 12pm – 1pm (Peace Room)</b>			



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## Also available at the centre

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

## Courses & Workshops – November

### Courses

Date	Time	Course
Monday 11 <sup>th</sup> November 2024	3:00pm – 5:00pm	Building Blocks to Wellbeing - (6 week course) Week 1
Monday 18 <sup>th</sup> November 2024	3:00pm – 5:00pm	Building Blocks to Wellbeing - (6 week course) Week 2
Monday 25 <sup>th</sup> November 2024	3:00pm – 5:00pm	Building Blocks to Wellbeing - (6 week course) Week 3
Monday 2 <sup>nd</sup> December 2024	3:00pm – 5:00pm	Building Blocks to Wellbeing - (6 week course) Week 4
Monday 9 <sup>th</sup> December 2024	3:00pm – 5:00pm	Building Blocks to Wellbeing - (6 week course) Week 5
Monday 16 <sup>th</sup> December 2024	3:00pm – 5:00pm	Building Blocks to Wellbeing - (6 week course) Week 6

### Workshops

Date	Time	Workshop
Tuesday 5 <sup>th</sup> November	10:00am – 12:00pm	What's Stopping You? - a session to help overcome personal barriers and ways of thinking to move forward
Wednesday 27 <sup>th</sup> November	11.30am - 12.30pm	Butterfly Tapping

### Creative Craft sessions

Date	Time	Session activity
Tuesday 5 <sup>th</sup> November 2024	3:00pm – 4:30pm	macrame/knitting/ crochet
Tuesday 12 <sup>th</sup> November 2024	3:00pm – 4:30pm	felt ornaments
Tuesday 19 <sup>th</sup> November 2024	3:00pm – 4:30pm	Christmas cards
Tuesday 26 <sup>th</sup> November 2024	3:00pm – 4:30pm	Christmas ornaments

### Special Events

Date	Time	Event
Monday 4 <sup>th</sup> November 2024	2:30pm – 4:00pm	Share the Music Event
Friday 29 <sup>th</sup> November 2024	12:00pm – 4:00pm	Tabletop Sale Fundraiser

### 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