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Website: www.creativelivingcentre.org.uk

1A Rectory Lane Prestwich, M25 1BP

October 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 & 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 – 12th & 26th)</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 Group – (£3) Use the centre bikes and be supported by Bike volunteers</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>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>

Next Member Forum is Thursday 26th October 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 – October 2023

Monday Workshops

Date	Time	Courses and Workshops
9 th October 2023	1pm – 3pm	Relaxation Techniques
16 th October 2023		Understanding Social Anxiety

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

Date	Time	Courses and Workshops
3 rd October 2023	3:00pm – 4:30pm	Make Macrame wall art
10 th October 2023		Gratitude Jars - World Mental Health Day
17 th October 2023		Skin Cream – aimed towards itchy and irritable skin
24 th October 2023		Fruit Cake - Eat it now or save it for December!
31 st October 2023		Halloween Crafts – Let's get spooky!

Thursday Workshops - AM

Date	Time	Courses and Workshops
5 th October 2023	10.15am - 11.45am	Dealing with Low mood
12 th October 2023		Managing emotions part 1
19 th October 2023		Managing emotions part 2
26 th October 2023		Building Self-Compassion

Thursday Workshops - PM

Date	Time	Courses and Workshops
5 th October 2023	12pm - 2pm	Boost Your Confidence (6-week course) – Week 3
12 th October 2023		Boost Your Confidence (6-week course) – Week 4
19 th October 2023		Boost Your Confidence (6-week course) – Week 5
26 th October 2023		Boost Your Confidence (6-week course) – Week 6

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