



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

## October 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 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 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>10:30am – 12:00pm</b> <b>Allotment group</b> (free) Learn to grow food and spend time in the outdoors (meet at CLC)</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 Craft</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 (9<sup>th</sup> &amp; 23<sup>rd</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>10:30am – 12:00pm</b> <b>Allotment group</b> (free) Spend time in our allotment, learning to grow food and spending time in the outdoors (meet at CLC)</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 31<sup>st</sup> October 12pm – 1pm (Peace Room)</b>			



## Also available at the centre

**FoodCycle provide FREE vegetarian meals on Saturdays, from 4:30pm until 6:45pm. This is available for all members and non-members.**

## Courses & Workshops – October

### Courses

Date	Time	Courses and Workshops
Tuesday 1 <sup>st</sup> October 2024	10:00am – 12:00pm	Understanding Anxiety (4 Week course) – Week 4
Monday 7 <sup>th</sup> October 2024	4:00pm – 6:00pm	Think Better Feel Better (6-week course) – Week 5
Monday 14 <sup>th</sup> October 2024	4:00pm – 6:00pm	Think Better Feel Better (6-week course) – Week 6

### Workshops

Date	Time	Courses and Workshops
Monday 28 <sup>th</sup> October	4:00pm – 6:00pm	Motivate Me
Wednesday 30 <sup>th</sup> October	11:30am – 12:30pm	Butterfly Tapping

### Creative Craft sessions

Date	Time	Courses and Workshops
Tuesday 1 <sup>st</sup> October 2024	3:00pm – 4:30pm	Hand-craft skills (crochet or knitting)
Tuesday 8 <sup>th</sup> October 2024		Decorate your own cardboard tray
Tuesday 15 <sup>th</sup> October 2024		Hand-craft skills (sewing)
Tuesday 22 <sup>nd</sup> October 2024		Halloween Crafts
Tuesday 29 <sup>th</sup> October 2024		Scary Pom Poms

### Special Events

<b>World Mental Health Day – Thursday 10<sup>th</sup> October</b>	
10:00am – 12:00pm	<b>Meet the Provider drop-in</b> Support organisations from across the local area will be coming in to speak about what they can do to help you.
12:30pm – 2:30pm	<b>Tea and Talk</b> Our normal warm hub will be open to members and non-members for a Tea & Talk session

### 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**