



September 2023

Monday	Tuesday	Wednesday	Thursday
<p>10am – 4pm Music therapy & Support Coordinator Appointments</p> <p>9.30am - 11am Breakfast Club (free) Start your week off with tea, coffee, some company and cereal.</p> <p>10am – 11am Group Music Therapy Nordoff Robbins (free) <u>*Starts 18th Sept</u></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) <u>*Starts 18th Sept</u></p> <p>1.30pm – 3.30pm Gardening Group Working in our small garden and time for a good chat. (£3)</p>	<p>10am – 4pm Counselling & Support Coordinator Appts</p> <p>11am – 12pm Boxercise Drop In (£3 Peace Rm) 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 A different theme each week (£3 Peace Rm)</p> <p>3pm – 4.30pm How To (workshops) Learn 'How To' make items using the themes of sustainability, upcycling and reusing (see reverse for more information) £3</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 <u>*New Day/Time</u> Pilates Drop In (£3 Peace Rm)</p> <p>11am-12.30pm Walking Group Drop in (£3 meet at CLC) walking group for all abilities.</p> <p>11.30am – 12.30pm Fibro, M.E., Chronic Pain & Fatigue support group Drop In (£3 Peace room) (fortnightly – 14th & 28th)</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 Drop In (£3 Peace Rm)</p>	<p>10am – 4pm Counselling & Support Coordinator Appts</p> <p>10am – 10.45am Chair based exercises <u>*New Day/Time</u> Drop In (£3 Peace Rm)</p> <p>11am - 12:30pm Singing Group with Jean Drop In (£3 Peace Rm)</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 Art Room)</p>

Next Member Forum is Thursday 28th September 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 – September 2023

Monday Workshops

Date	Time	Courses and Workshops
11 th September 2023	1pm – 3pm	Managing Emotions
18 th September 2023		Building self-compassion
25 th September 2023		Help with procrastination

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

Date	Time	Courses and Workshops
5 th September 2023	3:00pm – 4:30pm	Sauerkraut – lets understand gut health
12 th September 2023		Vegan kefir – lets understand gut health
19 th September 2023		Sleep spray – tips for healthy sleep
26 th September 2023		Card making

Thursday Workshops - AM

Date	Time	Courses and Workshops
7 th September 2023	10.15am - 11.45am	How to start with self-care
14 th September 2023		How anxiety affects the body
21 st September 2023		Relaxation techniques
28 th September 2023		Understanding social anxiety

Thursday Workshops - PM

Date	Time	Courses and Workshops
7 th September 2023	12pm - 2pm	Think Better, Feel Better (6-week course) – Week 5
14 th September 2023		Think Better, Feel Better (6-week course) – Week 6
21 st September 2023		Boost Your Confidence (6-week course) – Week 1
28 th September 2023		Boost Your Confidence (6-week course) – Week 2

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