



Tel: 0161 696 7501/07922 423 902 Email: admin@creativelivingcentre.org.uk

Website: www.creativelivingcentre.org.uk

Facebook: www.facebook.com/creativelivingcentre Twitter: @creativelivingc

1A Rectory Lane Prestwich, M25 1BP

Special events - **Mental Health Awareness Week**

Mental Health Awareness Week this year commences on the 12th to the 18th of May 2025, and the theme this year is 'Community'.

The below Special Event sessions are free of charge, and you do not need to be a member of the CLC to participate.

<u>May 2025</u>				
Monday 12 th May	Tuesday 13 th May	Wednesday 14 th May	Thursday 15 th May	Friday 16 th May
<p>9.30am – 11.30am Breakfast Club. Join us for breakfast, tea, coffee some company and cereal in our Sunshine Cafe</p> <p>12.00pm- 1.00pm Fire Safety Talk with Greater Manchester Fire and rescue Service</p> <p>2:30pm – 3:30pm Butterfly Tapping (Jon) A mindful and meditative technique which can be helpful when experiencing anxiety or stress</p>	<p>11am – 12pm Inspirational Sign Making – Crafting session to boost your mood!</p> <p>12.30pm - 2.30pm Warm Hub Our café space is open. Pop by for a cup of tea and find out more about the CLC (café)</p> <p>12.30pm – 2.30pm Introduction to Journalling group (Susan) Come and find out how journalling can support your wellbeing!</p> <p>1:30pm – 3.00pm Allotment Group - (Free) Get involved in growing & harvesting at our allotment!</p> <p>2:30pm – 4:30pm Carnival Decoration Sessions (Free) Led by Poppy Weekly until 17th June</p> <p>3.30pm – 5pm Bereavement Group (Shelley) (peace room) A space to explore how to manage loss & grief.</p>	<p>11am – 12.30pm Walking Group – Led by our walk leader volunteers Route to be confirmed!</p> <p>12.30pm - 2.30pm Sunshine Cafe lunch service. Starte £1, mains £2 and sweet £1</p> <p>2.45pm – 3.45pm Mindfulness based Meditation (Susan) (Peace room)</p> <p>Community Mural & Mosaic unveiling – open house 12.00pm – 4.00pm Join us to showcase the creative talents of CLC members in our latest community artwork & exhibition <i>ALL WELCOME! Outdoor unveiling begins at 3pm</i></p>	<p>11.00am – 12.00pm Chair based exercises with Susan. (peace room)</p> <p>12.30pm - 2.30pm Warm Hub - Our café space is open. Pop by for a cup of tea and find out more about the CLC</p> <p>2pm – 3.30pm Women’s group with Shelley A women-only space for discussion and creative activities</p> <p>2.30pm – 3.30pm Men's Group with Jon A men-only space for discussions and other activities</p>	<p>11.00am -12.30pm Volunteering at CLC – open event (Anne – Volunteer coordinator) Come and find out about what volunteering roles we have!</p> <p>12.30pm - 2.30pm Warm Hub - Our café space is open. Pop by for a cup of tea and find out more about the CLC</p>