



January 2025

Monday	Tuesday	Wednesday	Thursday
<p>9:30am – 11:30am Breakfast Club (free) Start your week off with tea, coffee, some company and cereal.</p> <p>10:30am – 12:30pm Drop-in Advice (free) Employment advice with a jobcentre <i>advisor (from 13th January)</i></p> <p>10:00am – 11:00am Group Music Therapy Nordoff & Robbins (free)</p> <p>11am - 12:30pm Arts for All (£3) Drop in Mixed media art session (Art Room)</p> <p>11.30am – 12.30pm Singing Group (free) Nordoff & Robbins</p> <p>1:00pm – 2:00pm Breathworks and Relaxation Meditation (£3) *NEW*</p> <p>1:30pm – 3:30pm Gardening Group (£3) Working in our small garden and time for a good chat. <i>(On 6th Jan this will be 2.30pm – 3.30pm as a one off)</i></p>	<p>11:00am – 12:00pm Boxercise (£3) Let's get moving with our new boxercise class.</p> <p>12:30pm – 2:00pm Creative Journalling (£3) A different theme each week (Art Room)</p> <p>12:30pm – 2:30pm Warm Hub (free) Our café space is open. Pop in for a brew!</p> <p>2:00pm – 4:00pm 1:1 Sensory sessions - Jon (30 mins) Book with reception (£3)</p> <p>2:30pm – 4:30pm CLC Mosaic Art Project (£3) *NEW* Help to design and create a group mosaic art piece that will be displayed at the front of the CLC for the community to enjoy (6 weeks) <u>Starts 14th January</u></p> <p>4:00pm – 5:30pm Bereavement Group (£3) Drop In (Peace Room)</p>	<p>11:00am – 12:30pm Walking group - (£3) walking group for all abilities (meet at CLC)</p> <p>11:30am – 12:30pm Ouch! (£3) Chronic Pain & Fatigue support group (8th January)</p> <p>12:30pm – 2:30pm Lunch Service Drop In (Sunshine Cafe) Tasty, nutritious low-cost food in our lunch club</p> <p>2:45pm – 3:45pm Meditation (£3) Must be on time for this session</p>	<p>11:00am – 12:00pm Chair based exercises with Susan (£3) (Peace room)</p> <p>9.30am – 12.30pm Digital Skills (Free) *NEW* (See reverse for details, sign up with reception)</p> <p>12.30pm – 2.30pm Warm Hub (free) Our café space is open. Pop in for a brew!</p> <p>2:00pm – 4:00pm Ladies' Support Group Drop in (£3) (Peace room)</p> <p>2:30pm – 3:30pm Men's Support Group Drop in (£3) (Sunshine Cafe)</p> <p>3:00pm – 4:00pm Next Steps (free) *NEW TIME* Drug and alcohol support group – <u>this is an open group for members and non-members.</u></p>
<p>10:00am – 4:00pm Pre-booked Support Coordinator Appointments (£3) By referral Music therapy 1-1 (£10)</p>	<p>10:00am – 4:00pm Pre-booked Support Coordinator Appointments (£3) By referral Counselling, psychodrama (£10)</p>	<p>10:00am – 4:00pm Pre-booked Support Coordinator Appointments (£3) By referral Art therapy, Holistic Therapy (£10)</p>	<p>10:00am – 4:00pm Pre-booked Support Coordinator Appointments (£3) By referral Counselling (£10)</p>



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Next member forum will be Thursday 30th January 2025, 12pm–1pm

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. Closed for Christmas on 28th Dec & 4th Jan.

Courses & Workshops – January 2025

Workshops

Date	Time	Workshop
Monday 13 th January 2025	3:00pm – 5:00pm	Motivate Me
Monday 20 th January 2025	3:00pm – 5:00pm	Self-Care Workshop
Monday 27 th January 2025	3:00pm – 5:00pm	Stop the Bully in your Head

Special Events

Date	Time	Event
Tuesday 14 th January 2025 6 weeks on Tuesdays	2.30pm – 4.30pm	CLC Mosaic Art Project – Help design and create a large mosaic artwork for the front of the building for everyone to enjoy
Thursday 16 th January 2025	9.30am – 12.30	Digital Skills - NHS App Taster: Learn how to download and use the NHS app to order repeat prescriptions, manage GP appointments, view and manage Hospital appointments and referrals. – <u>Will need to bring your own smartphone or tablet device.</u> Book on with reception
Every Thursday for 6 weeks starting 23 rd January 2025 23.01.25 – 27.02.25	10am – 12pm	Beginners Digital Skills: 6-week course You will learn how to use your tablet – learn the basics from powering on, adding/removing apps and becoming familiar with useful setting options. Navigate the web, learn to shop online safely. Stay safe online. Book on with reception
Thursday 23 rd January 2025	2pm – 4pm	AGM – Annual General Meeting

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