

# Activities Programme Winter/Spring 2018

## Monday

Computer Class (WL)  
10am - 12noon

Cross Stitch (OP)  
10am - 12noon

Keep Fit (OP)  
10.45 - 11.30am

CBT Counselling (AP)  
11.30am - 1.30pm

Art Class (WL)  
12.30 - 2.30pm

Mosaic Class (LP)  
1.00 - 3.00pm

Yoga Class (OP)  
6.00 - 7.00pm

## Tuesday

Cafe & Drop In (OP)  
10am - 12noon

Creche (LP)  
10am - 12noon

Reiki (AP)  
1.30 - 3.30pm

AP - Appointments only  
LP - Limited places  
OP - Open to all  
WL - Waiting list

## Wednesday

CBT Counselling (AP)  
9.00am - 12noon

Breastfeeding  
Support Group  
11.00am - 1.00pm

CBT Counselling (AP)  
5.00 - 7.00pm

## Thursday

Cafe & Drop In (OP)  
10am - 12 Noon

Creche (LP)  
10am - 12 Noon

Counselling (AP)  
10am - 12 Noon

Massage (AP)  
10.00am - 2.00pm

Cookery Class (WL)  
12.30 - 3pm

Counselling (AP)  
1.30 - 3.30pm

## Friday

Knitting Group (OP)  
10 am - 12 Noon

Keep Fit (OP)  
10.45 - 11.30 am

CBT Counselling (AP)  
11.30am - 1.30pm

Therapies (AP)  
12noon - 2pm

Healthy Cookery (OP)  
12noon - 2pm

SheBoom (WL)  
6.00 - 9.00pm

### VENUE HIRE

Small meetings? Conferences? Social events? Classes? Rehearsals? Located 10 minutes from the City Centre, we are available for hire weekdays, evenings and weekends. We offer 3 smaller meeting rooms, and a large multipurpose area which can cater for up to 100 people, a creche room, and a kitchen. Fully accessible for all abilities and with our own car park. Our prices are extremely competitive.

£10 charge for all therapies. Reduced rate if on benefits.

A refundable deposit of £10 is required for counselling.

Classes charged at between £2 & £3.50

**\*Creche available Tuesday & Thursday 10am until 12noon and also available with most classes if booked in advance - cost £1**

Current from 22nd February 2018

'Changing Lives, Shaping Futures'

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