**Please contact us on 01727 838 671/07427 428 297 to book onto an activity prior to attending
Unless stated otherwise, the location for all activities/courses is Trinity Community Project Day Centre (see address above)***For New Members, please request a referral form. Note, we are closed on the Bank holidays.*

**ACTIVITIES TIMETABLE**

June/July 2022

*For New Members, please request a referral form. Note, we are closed on the Bank holidays.*

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| **DAY** |  | **ACTIVITY** | **DETAILS** | **DATES** |
| **MONDAY** |  **The Day Centre is currently running from 9:00 am – 2:00 pm, Monday - Thursday** | **ART GROUP**2pm – 3:30pm | A weekly arts & craft group in a relaxed and friendly environment, which is open to all abilities. Come along and create works of art around different weekly themes, using a variety of materials and techniques. **Weekly payment of £3** per session | **Every Monday** |
| **TUESDAY** | **MENTAL HEALTH MATTERS**2pm – 3:30pm | This group is an opportunity to build friendships and explore strategies for living a healthier and happier life, under the supervision of a trained counsellor. Participants are encouraged to participate in conversation around weekly themes without judgment or prejudice and respect confidentiality amongst the group.**Weekly payment of £3** per session | **Every Tuesday** |
| **WEDNESDAY** | **CHAIR YOGA**2pm – 3:30pm | A weekly chance to unwind and relax in a calm spaceMembers will be able to retain some level of fitness whilst also being calm and comfortable. **Weekly payment of £3** per person | **Every Wednesday** |
| **THURSDAY** | **BEREAVEMENT GROUP**2pm – 3:30pm | Our bereavement group offers our members and service users a chance to healthily process the loss(es) of loved ones. This group is INVITE ONLY as the subject matter may be too much for some members – we hope to run this group again in the near future however. **Free**  | **Every Thursday** |
| **FRIDAY** | **DANCE GROUP**10:30 am – 11:30am  | Our dance group offers our members a weekly opportunity to keep fit and active in a fun and interactive way.Our members take on this 6 week dance course at different times during the year as our Fridays are also taken up by our cookery group – which we are hoping to run again after the dance course**One payment of £20 per person**  | **Every Friday** |