



## ACTIVITIES FOR PEOPLE WITH DISABILITIES AND CARERS TIMETABLE FOR JULY TO SEPT 2017

\*\* Please note that all dates are subject to cancellation or change \*\*

DAY	COURSE	DATES	TIMES	DESCRIPTION OF THE COURSE
<b>Monday</b>	<b>Managing Stress</b> Tutor: Carol Annetts £3.00 per session £4.00 with lunch	3 <sup>rd</sup> & 17 <sup>th</sup> , 31 <sup>st</sup> July 2017 August – no lessons 4 <sup>th</sup> & 25 <sup>th</sup> Sept	10 – 12 Noon  Followed by Lunch	Learn how to manage the causes of stress and avoid burnout by using alternative therapies such as Aromatherapy Massage, Bach Flowers, and Indian Head Massage.
<b>Monday</b>	<b>Gentle Exercise</b> £3 per session	3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> 31 <sup>st</sup> July 2017 August – no lessons 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> Sept	1.30 – 3.00	Designed specifically for people with reduced mobility, ideal for wheelchair users. All exercises are chair based and individually tailored to your needs.
<b>Wednesday</b>	<b>Art Club</b> £3.00 per session £4.00 with lunch	5 <sup>th</sup> & 19 <sup>th</sup> July 2017 2 <sup>nd</sup> , 16 <sup>th</sup> , 30 <sup>th</sup> August 13 <sup>th</sup> & 27 <sup>th</sup> Sept	10 -12 Noon  Followed by Lunch	This club is for anyone interested in putting pencil or brush to paper and being creative. Complete novices welcome.
<b>Wednesday</b>	<b>Gentle Exercise</b> Tutor: from YMCA £3 per session	5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> July 2017 August – no lessons 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> Sept	1.30 – 3.00	Designed specifically for people with reduced mobility, ideal for wheelchair users. All exercises are chair based and individually tailored to your needs.
<b>Fridays</b>	<b>Friendly Fridays</b> £3 per session (bring own lunch/lunch money)	7 <sup>th</sup> , 14 <sup>th</sup> , 28 <sup>th</sup> July 2017 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> , August 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> 29 <sup>th</sup> Sept	10-1.00pm	Chat, use the computers, play cards, Wii and board games and enjoy a cup of tea or coffee. All welcome. We organise lunches soup, pizzas, pie & mash, fish & chips (to be paid by individuals)

**To book a place on any of these courses please call HAD on 01708 476 554**

