



## ACTIVITIES FOR PEOPLE WITH DISABILITIES AND CARERS TIMETABLE FOR OCT TO DEC 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 £4.00 per session	9 <sup>th</sup> , 30 <sup>th</sup> Oct 2017 13 <sup>th</sup> & 27 <sup>th</sup> Nov 2017 4 <sup>th</sup> & 18 <sup>th</sup> Dec 2017	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>Monday Movers</b> £3.00 per session	2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup> Oct 2017 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> Nov 2017 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> Dec 2017	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 or £4.00 with lunch	4 <sup>th</sup> , 11 <sup>th</sup> & 25 <sup>th</sup> Oct 2017 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> , 29 <sup>th</sup> Nov 2017 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> Dec 2017	10 -12 Noon  Followed by Lunch	This is a friendly light-hearted club for anyone interested in putting pencil to paper and being creative. Complete novices welcome.
<b>Wednesday</b>	<b>Wednesday Workout</b> Tutor: from YMCA £3.00 per session	4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> Oct 2017 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup> Nov 2017 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> Dec 2017	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> £4.00 per session (bring own lunch/lunch money)	6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> Oct 2017 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> Nov 2017 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> Dec 2017	10-1.00pm	Chat; use the computers, play cards, Wii, board games and quizzes, and enjoy a cup of tea or coffee. Organised lunches each week varies from soup, pizzas, pie & mash, fish & chips (to be paid by individuals) All welcome.

**To book a place on any of these sessions please call HAD on 01708 476554**