



# FRED WINTER CENTRE

## Monday 12th February

9.30am-11am: Breakfast Club

10am-12pm: Wellbeing Drop-in (SWWMind / Open group)

11.30am-1pm: Pottery and Painting

5pm-6.30pm: Foodbank

## Tuesday 13th February

9.30am-11am: Breakfast Club

10am - 12pm: Garden Project

12pm-1.30pm: Foodbank

## Wednesday 14th February

9.30am-11am: Breakfast Club

11am-1pm: Craft sessions

## Thursday 15th February

All day: NHS (Physical and Mental Health) based at the centre

9.30am-11am: Breakfast Club

All day: CGL Drop in / + Structured Group

4pm-6pm: Cinema club

5pm-6.30pm: Foodbank (+Orbit)

## Friday 16th February

9.30am-11am: Breakfast Club

10am-3pm: Orbit Better Days, Drop in

10.30-12.30pm: Wellbeing Group (SWWMind / Open group)

11am - 1pm: Computer access / support

11am - 1pm: Citizen's Advice drop-in

12pm-1.30pm: Foodbank



## Community Café

### Open Mon-Fri, 10am-4pm

