

Key: **Physical activities** / **Wellbeing and Support Groups** / **Self-management courses**

Day Month	Monday	Tuesday	Thursday	Friday
Jan	<b>Get Active</b> 2.00pm – 3.00pm <b>Every Monday</b>	<b>Qi Gong</b> 2.00pm – 3.00pm <b>Every Tuesday</b>		<b>Yoga Class</b> 2.30pm-3.30pm <b>11<sup>th</sup> 25<sup>th</sup></b>
	<b>African Caribbean Support Group</b> 12.00pm – 2.00pm <b>14<sup>th</sup></b>	<b>Social Morning</b> 11.00am – 12.30pm <b>8<sup>th</sup></b>	<b>Move Dance Feel</b> <b>10.30am – 12.30pm</b> 17 <sup>th</sup> 24 <sup>th</sup> 31 <sup>st</sup>	<b>Moving Meditation</b> 2.00pm-3.30pm <b>4<sup>th</sup> 18<sup>th</sup></b>
		<b>Singing Workshop</b> 12.30pm - 2pm <b>8<sup>th</sup> 15<sup>th</sup> 22<sup>nd</sup> 29<sup>th</sup></b>		
		<b>Creativity Group</b> 10.30am – 12.30pm <b>No group in January</b>		
		<b>Asian Support Group</b> 10.30am-12.30pm <b>29<sup>th</sup></b>		
Feb	<b>Get Active</b> 2.00pm – 3.00pm <b>Every Monday</b>	<b>Qi Gong</b> 2.00pm – 3.00pm <b>Every Tuesday</b>		<b>Yoga</b> 2.30pm-3.30pm <b>8<sup>th</sup></b>
	<b>African Caribbean Support Group</b> 12.00pm – 2.00pm <b>11<sup>th</sup></b>	<b>Social Morning</b> 11.00am – 12.30pm <b>5<sup>th</sup></b>	<b>Move Dance Feel</b> <b>10.30am – 12.30pm</b> 14 <sup>th</sup> 21 <sup>st</sup> 28 <sup>th</sup>	<b>Moving Meditation</b> 2.00pm-3.30pm <b>1<sup>st</sup> 15<sup>th</sup></b>
		<b>Singing Workshop</b> 12.30pm – 2.00pm <b>5<sup>th</sup> 12<sup>th</sup></b>		
		<b>Creativity Group</b> 10.30am - 12.30pm <b>12<sup>th</sup></b>		
		<b>Asian Support Group</b> 10.30am-12.30pm <b>26<sup>th</sup></b>		
Mar	<b>Get Active</b> 2.00pm - 3.00pm <b>Every Monday</b>	<b>Qi Gong</b> 2.00pm – 3.00pm <b>Every Tuesday</b>		<b>Yoga</b> 2.30pm – 3.30pm <b>8<sup>th</sup> 22<sup>nd</sup></b>
	<b>African Caribbean Support Group</b> 12.00pm – 2.00pm <b>11<sup>th</sup></b>	<b>Social Morning</b> 11.00am – 12.30pm <b>5<sup>th</sup></b>	<b>Move Dance Feel</b> <b>10.30am – 12.30pm</b> 7 <sup>th</sup> 14 <sup>th</sup> 21 <sup>st</sup> 28 <sup>th</sup>	<b>Moving Meditation</b> 2.00pm-3.30pm <b>1<sup>st</sup> 15<sup>th</sup> 29<sup>th</sup></b>
		<b>Singing Workshop</b> 12.30pm – 2.00pm <b>5<sup>th</sup> 12<sup>th</sup> 19<sup>th</sup> 26<sup>th</sup></b>		
		<b>Creativity Group</b> 10.30am - 12.30pm <b>12<sup>th</sup></b>		
		<b>Macmillan HOPE for Carers</b> <b>3-6pm</b> <b>5<sup>th</sup> 12<sup>th</sup></b>		
	<b>Asian Support Group</b> 10.30am-12.30pm <b>26<sup>th</sup></b>			

# WELLBEING EVENTS

January - March 2019

**Mondays 2-3pm, Get Active classes with Mark Wild**

If you will be coming for the first time, please let us know in advance because you will need to have a short review with Mark before the class.

Second Monday of the month **12-2pm, African & Caribbean Cancer Support Group facilitated by Alecia May.**

**Tuesdays 2-3pm, Qi Gong with Marilyn Harvey**

Qi Gong may be described as a practice that improves one's mental & physical health by integrating posture, movement and breathing. Beginners are encouraged to stay for the first 30 to 45 minutes and build up stamina & resilience over several months.

**First Tuesday of the month 11am-12.30pm, Monthly social morning**

Join us to enjoy a hot drink, cake and fruit in a relaxed environment; have a chat and meet other Centre members.

Second Tuesday of the month **10.30am - 12.30pm, Creativity Group facilitated by Callie Di Nello**  
Come and explore your creative side and meet like-minded people.

Last Tuesday of the month **10.30am-12.30pm, Asian Support Group facilitated by Nazira Visram**

**Fridays fortnightly 2-3.30pm, Moving Meditation with Maria Black**

This class is open to anyone with an interest in meditation; you do not need any previous experience; if you already meditate, Maria's teaching will support you in deepening your practice.

**Fridays fortnightly 2.30-3.30pm, Yoga with Vicky Fox**

A very gentle class suitable for beginners and all levels.

**Singing Workshop - Tuesdays 12.30pm to 2.00pm with Colette Parham**

A fun and friendly singing workshop including breathing & vocal exercises and group singing. No previous singing experience required. Check dates on the time table.

**For information about any of the groups & classes, please call Support.**

**Move Dance Feel - Thursdays 10.30am to 12.30pm with Emily Jenkins.** A 10 week creative dance project designed to support women who are affected by cancer. For further information contact the Support Team. The dates are 17<sup>th</sup> 24<sup>th</sup> 31<sup>st</sup> January, 14<sup>th</sup> 21<sup>st</sup> 28<sup>th</sup> February and 7<sup>th</sup> 14<sup>th</sup> 21<sup>st</sup> 28<sup>th</sup> March. You are welcome to attend all ten weeks or drop in to individual sessions.

**Macmillan HOPE Time & Space Carers course on Tuesday 5<sup>th</sup> and 12<sup>th</sup> March, 3-6pm.**

A 2 day course providing information and practical advice including managing stress and emotions, and goal setting. *(You must be registered to join this course).*

**Mindfulness for Life course starts on Tuesday 19<sup>th</sup> February to 9<sup>th</sup> April 11am -1pm with Gary Born.** An 8 week course for people affected by cancer; providing a gentle yet comprehensive training in the practice of mindfulness, using meditation, body awareness and simple movement. You will explore how this can be taken into day-to-day life. *(You must complete an application form to join this course).*