**Brighter Living/Southport Community Centre Group Timetable 2023
Southport Community Centre, Norwood Road, Southport, PR8 6HQ**[**www.brighterliving.org.uk**](http://www.brighterliving.org.uk)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
|  | **Wellbeing Café****For new Mum’s & Mum’s to be****9-11am****Contact Julie on 07742875330** | **Community** **café****10:00-12:00****\*\*All welcome\*\***  | **Cookery Classes****(day may vary)****Contact Katy 01704 517810** | **Level 1 Horticulture****10:00-11:30****Book via Joe McNulty 01704 517810** | **Warm Spaces -****“Cosy Café”****10am -4pm****\*\*All welcome\*\*** |
| **Men’s Shed Project –****“Hammer Time”**Katy **01704 517810** |
|  | **Charlie’s Way (Support group for parent/carers of children and young people with SEND)****11:00 – 13:00****\*\*drop in, term time only\*\*** | **Gardening** **Group – “Can you dig it?”****11:00 – 13:00****\*\*All welcome\*\*****Contact Katy on 01704 517810** | **Chair based exercise class –****Alison Moore****\*\*Older adults\*\*****£4.00 per session****11:00 – 12:00** | **Lunch Club****\*\*for over 50’s and those at risk of social isolation\*\*****Contact Angela on 01704 517810****£4.50 for 2 course meal with drinks** | **TDCD course** **\*Think Differently: Cope Differently\*****Self-development group course.****(day may vary)****Contact Angela on 01704 517810** |
| **Weigh Forward****(day may vary)****Contact Sara on 01704 517810** |
|  | **Quiz and Social with Edna** **First Monday of the month 1.30-3.30pm****\*\*All welcome\*\*** |  | **Arts and craft group****Contact Sara on 01704 517810 for details.** | **Poetry Group – at a local cafe****Contact** **Sara 01704 517810** | **Men’s Group****Contact Katy on 01704 517810 for details.** |

 **Weigh Forward is a weight management course, therefore is targeted at people looking to lose weight or improve their diet.**