**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)

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|  | **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.**