



Brighter Living/Southport Community Centre Group Timetable 2023

Southport Community Centre, Norwood Road, Southport, PR8 6HQ

www.brighterliving.org.uk



	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Men's Shed Project "Hammer Time"</p> <p>10:00-13:00 01704 517810</p>	<p>Community café</p> <p>10:00-12:00 **All welcome**</p>	<p>Cookery Classes (day may vary) 01704 517810</p>	<p>Level 1 Horticulture 10:00-11:30 Book via Joe McNulty 01704 517810</p>	<p>Weigh Forward (day may vary) Contact Sara on 01704 517810</p>
	<p>Charlie's Way (Support group for parent/carers of children and young people with SEND) 11:00 – 13:00 **drop in, term time only**</p>	<p>Gardening Group – "Can you dig it?"</p> <p>11:00 – 13:00 **All welcome** Contact 01704 517810</p>	<p>Chair based exercise class – Alison Moore **Older adults** £4.00 per session 11:00 – 12:00</p>	<p>Lunch Club Contact Angela on 01704 517810 £4.50 Last Thursday of the month ONLY Cosy Café Friendly informal café All welcome 10am-2pm *Not the last Thurs in month*</p>	<p>TDCD course *Think Differently: Cope Differently* Self-development group course. (day may vary) Contact Angela on 01704 517810</p>
	<p>Quiz and Social with Edna First Monday of the month 1.30-3.30pm **All welcome**</p>		<p>Arts and craft group Contact Sara on 01704 517810 for details.</p>	<p>Poetry Group – at a local cafe Contact Sara 01704 517810</p>	<p>Men's Group Contact 01704 517810 for details.</p>

Weigh Forward is a weight management course, therefore is targeted at people looking to lose weight or improve their diet. Think Differently, Cope Differently is a self-development group course exploring different topics around building mental resilience and addressing low level mental health problems such as anxiety or stress. This is not a clinical course.