



# HEALTHIER FUTURES WEEKLY CALENDAR

To self-refer, please [click here](#).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ALL DAY	<p>Evolve NK (1-1 support and befriending)</p> <p>Complementary Therapies Service (Massage)</p> <p>Active for Health (BAME Diabetes Project)</p> <p>I.A.G Information, Advice, Guidance</p> <p>Legal Advice for Disabled People</p>	<p>Evolve NK (1-1 support and befriending)</p> <p>Complementary Therapies Service (Massage)</p> <p>Active for Health (BAME Diabetes Project)</p> <p>I.A.G Information, Advice, Guidance</p> <p>Legal Advice for Disabled People</p>	<p>Evolve NK (1-1 support and befriending)</p> <p>Complementary Therapies Service (Massage)</p> <p>Active for Health (BAME Diabetes Project)</p> <p>I.A.G Information, Advice, Guidance</p> <p>Legal Advice for Disabled People</p>	<p>Evolve NK (1-1 support and befriending)</p> <p>Complementary Therapies Service (Massage)</p> <p>Active for Health (BAME Diabetes Project)</p> <p>I.A.G Information, Advice, Guidance</p> <p>Legal Advice for Disabled People</p>	<p>Evolve NK (1-1 support and befriending)</p> <p>Complementary Therapies Service (Massage)</p> <p>Active for Health (BAME Diabetes Project)</p> <p>I.A.G Information, Advice, Guidance</p> <p>Legal Advice for Disabled People</p>	<p>Evolve NK (1-1 support and befriending)</p> <p>Complementary Therapies Service (Massage)</p>	<p>Evolve NK (1-1 support and befriending)</p>
MORNING		<p><b>9:15 AM – 11.15 AM:</b> Music &amp; Movement at the Playhut</p> <p><b>11AM – 1PM:</b> Trauma Support Group for Disabled People (fortnightly)</p> <p><b>11AM – 12PM:</b> Community connections</p> <ul style="list-style-type: none"> <li>English Conversation /Creative Writing Sessions</li> <li>Morning meditation sessions</li> </ul>	<p><b>9:15 AM – 11.15 AM:</b> Music &amp; Movement at the Playhut</p> <p><b>10 AM – 11 AM:</b> Community Connections (Gardening group)</p> <p>Yoga</p> <p><b>11:15 AM – 12.15 AM:</b> Community Connections Playreading Group</p>	<p><b>10 AM – 4 PM:</b> Digital Champions</p> <p><b>11AM – 12PM:</b> Community connections</p> <p>English Conversation/Creative Writing Sessions</p>	<p><b>11AM – 1PM:</b> Nutrition and cooking</p>		
AFTERNOON	<p><b>12:00 PM - 1:00 PM:</b> Positive Empowerment Group for Disabled People (monthly)</p> <p><b>12:30 PM - 2:30 PM:</b> Music &amp; Movement at the Playhut</p>		<p><b>1 PM – 4PM:</b> Pamodzi Caring Hands</p> <p><b>1.30 PM – 2.30 PM:</b> Yoga</p>	<p>Wellbeing session (fortnightly)</p> <p>Art and other creative workshops (monthly)</p>	<p><b>12:30 PM - 2:30 PM:</b> Music &amp; Movement at the Playhut</p>	<p>Cultivate Create (fortnightly)</p>	