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| **Time ↓ Day→** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **AM** | Dad’s House – fortnightly support for dads  [www.dadshouse.org.uk](http://www.dadshouse.org.uk)  PICS activities. Turn up, join in! | Welfare Advice and Job Club.  Housing, benefits, work, volunteering, health and legal matters; support with CVs, job searches, applications, vacancies. | Bookbinders – reading group for all levels. Relax, have a cuppa & discuss.  Shaw Trust – Work and Living Support for disabled and disadvantaged individuals.  www.shaw-trust.org.uk | DBL Stitching Group 10-12 – knit, crochet, cross stitch our community projects and put the world to rights!  Training | Friends together social group 10-12:30 – games, chat, guest speakers, crafts, karaoke from 11.  Open to ALL! |
| **PM** | Porchlight Positivity Group – referrals only | Welfare Advice and Job Club.  Housing, benefits, work, volunteering, health and legal matters; support with CVs, job searches, applications, vacancies. | Training  Cook and Eat | Training | Porchlight Coffee & Chat – referrals only. |