



Timetable — October— Online Activities

Updated on 30/09/2020

TO JOIN ANY OF THESE ACTIVITIES PLEASE VISIT OUR WEBSITE AND CLICK ON EACH CLASS TO OPEN THE LINK. YOU WILL NEED TO HAVE ACCESS TO A COMPUTER WITH A VIDEO CAM AND AN INTERNET CONNECTION TO JOIN IN. NO PRIOR BOOKING IS NEEDED.

For telephone support please call: 07759 946 600 or 07376 658 623 (9:30am—1.30pm) and 07592 873 235 (1.00pm—5.00pm)

email: talk@themulberrycentre.co.uk - visit our website: www.themulberrycentre.co.uk

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>for anyone affected by cancer</p>		<p>KEY Weekly Wellbeing Classes Informative Workshops Social and Creative Activities</p>	<p>1 How people grieve (9.00-10.30am) Carers Support Group (11.00am—12.15pm) Please call to book in advance. Book Group (12.30—2.00pm) "where the Crawdad Sings" Art Class—No Class Today</p>	<p>2 Guided Meditation Class (10.00—10.30am) Yin Yoga Class (11.00—11.45am) Welfare and Benefits Sessions (10.00-1.00pm) No Session today</p>
<p>5 Guided Meditation Class (10.00—10.30am) Tai Chi Class - No Class today Patient Support Group (3.00-4.30pm) Please call to book in advance.</p>	<p>6 Creative Writing (11.00am—12.30pm)</p>	<p>7 Guided Meditation Class (10.00—10.30am) EFT Class (Emotional Freedom Technique) (11.00am—12.30pm)</p>	<p>8 Bereavement Support Group (10.00—11.30am) Please call to book in advance. Art Class—No Class Today</p>	<p>9 Guided Meditation Class (10.00—10.30am) Yin Yoga Class (11.00—11.45am) Please call to book to attend session in Centre</p>
<p>12 Guided Meditation Class (10.00—10.30am) Tai Chi Class - No Class today Patient Support Group (3.00-4.30pm) Please call to book in advance.</p>	<p>13 Flower remedies (2.00-3.00pm)</p>	<p>14 Guided Meditation Class (10.00—10.30am) EFT Class (Emotional Freedom Technique) (11.00am—12.30pm)</p>	<p>15 Carers Support Group (11.00am—12.315m) Please call to book in advance. Art Class—No Class Today</p>	<p>16 Guided Meditation Class (10.00—10.30am) Yin Yoga Class (11.00—11.45am) Please call to book to attend session in Centre</p>
<p>19 Guided Meditation Class (10.00—10.30am) Managing Stress (11.00-12.30pm) Tai Chi Class - No Class today Patient Support Group (3.00-4.30pm) Please call to book in advance.</p>	<p>20 Creative Writing (11.00am—12.30pm) Sleep Management (2.00-3.00pm)</p>	<p>21 Guided Meditation Class (10.00—10.30am) EFT Class (Emotional Freedom Technique) (11.00am—12.30pm)</p>	<p>22 Bereavement Support Group (10..00—11.30am) Please call to book in advance. Art Class—No Class Today</p>	<p>23 Guided Meditation Class (10.00—10.30am) Yin Yoga Class (11.00—11.45am) Please call to book to attend session in Centre</p>
<p>26 Guided Meditation Class (10.00—10.30am) Cancer Nutrition (11.00-12.30pm) Tai Chi Class - No Class today Patient Support Group (3.00-4.30pm) Please call to book in advance</p>	<p>27 Paired Massage (1.00— 2.00pm)</p>	<p>28 Guided Meditation Class (10.00—10.30am) EFT Class (Emotional Freedom Technique) (11.00am—12.30pm)</p>	<p>29 Carers Support Group (11.00am—12.15pm) Please call to book in advance. Book Group (12.30—2.00pm) "The spy & the Traitor" - Ben McIntyre Art Class—No Class Today Legal Information Sessions (2.00-4.00pm) — Please call to book your 20min session in advance</p>	<p>30 Guided Meditation Class (10.00—10.30am) Yin Yoga Class (11.00—11.45am) Please call to book to attend session in Centre</p>