



WINTER TIMETABLE



TUESDAYS

THURSDAYS

WORCESTER

MALVERN

WORCESTER

NOV **4th**
11-12.45pm Kelly-Louise:
 Come Home to your Senses
12.45-2pm White Ribbon /
 Poppies
Leek & Potato Soup

11th
11-11.30am Social Prescriber
11.30-2pm Cassie
Tomato Soup

18th
11-12.45pm Kelly-Louise:
 Come Home to your Senses
12.45-2pm Creative Writing
Carrot & Sweet Potato Soup

25th
11-12.45pm Kelly-Louise:
 Come Home to your Senses
12.45 White Ribbon @ Guild
 Hall
Chunky Mix Veg Soup

DEC **2nd**
11-12.45pm Kelly-Louise:
 Come Home to your Senses
12.45-2pm Planting Daffodils
Lentil & Pasta Soup

11-2pm 
Mid-Winter Celebration
 Rave Art & Sound Therapy
 Festive Activities & Buffet 

 **11-1pm** Mince Pie Drop-in **16th**

12-2.30pm
 Slow Cooker Demo
 White Ribbon / Poppies

11th
12-12.30pm Resistance
 Bands
12.30-2.30pm Setting up a
 Group

18th
12-12.30pm Resistance
 Bands
12.30-2.30pm Cassie

25th
12-12.30pm Boccia
12.30-2.30pm Setting up a
 Group

2nd
12-12.30pm Planting
 Daffodils & Winter Crafts

4th
11-1pm Coffee Drop-
 in & Signposting

6th
11-1pm Setting up a
 Group

13th
11-1pm Setting up a
 Group

20th
11-1pm Reclaim the
 Night

27th
11-1pm Coffee Drop-
 in & Signposting

Stay Connected
 Putting an end to loneliness



**BOOKING
 ESSENTIAL**

TO BOOK PLEASE CONTACT THE JOY TEAM AT
JOY@worcestercommunitytrust.org.uk