

Life in Community Spring Timetable 2023



Motivation Mondays Mondays 11am - 7pm

Life Works
Job Club
11am - 3pm



Life Steps
Numeracy & Literacy
11am - 3pm



Lifeline Advocates Support
Drop In



Lifeline SEN Group
6pm - 7pm



Terrific Tuesdays Tuesdays 11am - 3pm

Bingo run by
St John's Church
1st Tuesday of each
month 11am - 1pm



Coming Soon!
New Thoughtful Tuesday Activities
Mental and Emotional Well-being
Support

COMING
SOON

Wellbeing Wednesdays Wednesdays 11am - 5:30pm

Lifeline Light
Exercise
11:15am - 12pm



Crafty, Coffee & Cake
Creative Session
12:30pm - 2:30pm



LIC Spring Space
Hub Session



Me, You, Coffee & Zoom
1st Wednesday of each
month 7pm-8pm



Focus Fridays Fridays 11am - 3pm

Life Works
Job Club



Life Steps
Numeracy & Literacy
programme



Life in Community
General Drop In



Please visit our website to find out more about our range of services
or text 'HELP' to 07752 659257

<https://lifeincommunity.org.uk>