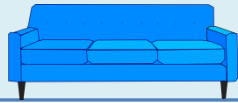


What can you do with Working Well?

Revamp!

Learn some new skills, restore and upcycle furniture with professional support and guidance



Secret Space!

Plan, design, dig, plant and get involved with the garden at Tullie House Museum



Walk!

Explore new places in the local area within a group. Learn more about your area and the world around you



Get Creative!

Use words to express yourself, create projects and connect with others & the world around you



Knit & Natter!

Whether you want a space to knit or want to learn, this group is for you.
Knit, natter & a brew or two!



Art!

If you love art, or never done any before, come and have a go. Materials and support provided



Music!

Explore, have fun, use music to express yourself



Lunch Club!

Come along to get involved with cooking fresh, homemade food or just come for the chat



Gardening!

Get your hands dirty and be involved with the garden design. Working with the land to help with your wellbeing



Drop in!

Pop in for a chat to find out more about the project & how we can help



If attending an activity for the first time or to book onto a group walk please call:

Carlisle: Jay 07739447942 **Kerry** 07526167043 **Sarah** 07976020570

Penrith/Alston: Roger 07795800970 **Zoe** 07526167047

We can also help find, support with and fund individual activities, courses, budgeting, job searching or training. The most important thing is it's led by the individual and what matters to you. Have a chat with us to find out how we might be able to help you.

Working Well Activity Calendar April – Carlisle

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1st Apr</p> <p>Revamp Session 10am-1pm Centre 47</p> <p>Tai Chi 1-2pm CADAS</p>	<p>2nd Apr</p> <p>Lunch Club 11:30am to cook, 1pm to eat OP Shop-Botchergate</p> <p>Allotment Activity 2:30pm-4:30pm Buchanan Road</p>	<p>3rd Apr</p> <p>Creative Words and Writing 1pm-3pm TCV Office-CADAS</p>	<p>4th Apr</p> <p>Secret Space 2pm-4pm Tullie House</p>	<p>5th Apr</p> <p>Walk 10 – 4pm Mini bus pick up Visiting - TBC (booking required)</p>
<p>8th Apr</p> <p>Revamp Session 10am-1pm Centre 47</p> <p>Tai Chi 1-2pm CADAS</p>	<p>9th Apr</p> <p>Lunch Club 11:30am to cook, 1pm to eat OP Shop-Botchergate</p>	<p>10th Apr</p> <p>Creative Words and Writing 1pm-3pm TCV Office-CADAS</p>	<p>11th Apr</p> <p>Secret Space 2pm-4pm Tullie House</p>	<p>12th Apr</p> <p>Walk 10 – 4pm Mini bus pick up Visiting - TBC (booking required)</p>
<p>15th Apr</p> <p>Revamp Session 10am-1pm Centre 47</p>	<p>16th Apr</p> <p>Lunch Club 11:30am to cook, 1pm to eat OP Shop-Botchergate</p>	<p>17th Apr</p> <p>Creative Words and Writing 1pm-3pm TCV Office-CADAS</p>	<p>18st Apr</p> <p>Secret Space 2pm-4pm Tullie House</p>	<p>19th Apr</p> <p>Walk 10 – 4pm Mini bus pick up Visiting - TBC (booking required)</p>

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22 nd Apr	23 rd pr	24 th Apr	25 th Apr	26 th Apr
<p>Revamp Session 10am-1pm Centre 47</p> <p>Tai Chi 1-2pm CADAS</p>	<p>Lunch Club 11:30am to cook, 1pm to eat OP Shop-Botchergate</p>			

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Working Well Activity Calendar April – Penrith

Monday	Tuesday	Wednesday	Thursday	Friday
1st Apr 	2nd Apr Gardening 10-12am Eden Rural Foyer Lunch Club 11:30am to cook, 1pm to eat Haydock Community Centre	3rd Apr Knitting group 1.30-3pm Eden Rural Foyer	4th Apr Arts group 2-4pm Eden Arts The Old Fire station	5th Apr Group Walk 10am-3pm Minibus pick up Eden Rural Foyer Booking essential
8th Apr Music Group 1-3pm Haydock Community Centre	9th Apr Gardening 10-12am Eden Rural Foyer Lunch Club 11:30am to cook, 1pm to eat Haydock Community Centre	10th Apr Knitting group 1.30-3pm Eden Rural Foyer	11th Apr Arts group 2-4pm Eden Arts The Old Fire station	12th Apr Group Walk 10am-3pm Minibus pick up Eden Rural Foyer Booking essential
15th Apr Music Group 1-3pm Haydock Community Centre	16th Apr Gardening 10-12am Eden Rural Foyer Lunch Club	17th Apr Knitting group 1.30-3pm Eden Rural Foyer	18th Apr Arts group 2-4pm Eden Arts	19th Apr Group Walk 10am-3pm Minibus pick up Eden Rural

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	11:30am to cook, 1pm to eat Haydock Community Centre		The Old Fire station	Foyer Booking essential
22nd Apr Music Group 1-3pm Haydock Community Centre	23rd Apr Gardening 10-12am Eden Rural Foyer Lunch Club 11:30am to cook, 1pm to eat Haydock Community Centre	24th Apr Knitting group 1.30-3pm Eden Rural Foyer	25th Apr Arts group 2-4pm Eden Arts The Old Fire station	26th Apr
29th Apr	30th Apr Gardening 10-12am Eden Rural Foyer Lunch Club 11:30am to cook, 1pm to eat Haydock Community Centre			

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