










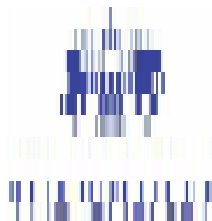


January-March 2014 Resource Centre Drop-in daily 10am - 4.30pm
(Advice, information, support, a safe space, meetings, socialising with friends)

73 St Charles Square London W10 6EJ – Telephone 0208 964 0544 for information

Registered Charity No 298609

Supporting people with learning disabilities, their families and carers

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|---|--|--|---|
| <p>Shopping + Computer Group + Current Affairs 1pm–4pm</p>  <p>FREE</p> <hr/> <p>Fun Group/ The Fun Group Art & Drama 5pm-7pm</p>  <p>£5 per session</p> | <p>Cook & Taste Group PLEASE CALL THE RECEPTION FOR BOOKING INFORMATION 10.30-12.30</p>  <p>£2.00</p> <hr/> | <p>Cook & Taste Group PLEASE CALL THE RECEPTION FOR BOOKING INFORMATION 10.30-12.30</p>  <p>£2.00</p> <hr/> <p>Music Group</p>  <p>2pm-3pm Free</p> <hr/> <p>Music Therapy Group</p>  <p>2.45pm - 3.45pm St Philips Earls Court £20</p> | <p>Zumba 11am-12pm</p>  <p>FREE</p> <hr/>  <p>Confectionary Group @ Dalgarno Café 2-4pm</p> <hr/>  <p>THURSDAY SOCIAL CLUB £3.00 7pm-9pm</p> | <p>Out & About Dalgarno Café 1.30-4pm</p>  | <p>Out & about (Look out for details in reception once a month)</p>  <hr/> | <p>Sunday Club</p> <p>Once a month at Resource Centre or out in community 10am-3pm</p> <p>Free</p>  |