
























WEEK 1								
Time	Monday 24 th June	Session	Time	Wednesday 26 th June	Session	Time	Thursday 27 th June	Session
	Seated exercise CANCELLED!!		10:00am	Wii – Let's get active! Peach room		10:00am	NE Worcestershire Stroke Group	
11:00am	Art & craft Courtyard		10:00am	Carers Connect Green room				
11:00am	Genealogy Peach room		11:00am	Indoor Activities & Games Blue room				
			11:00am	Indoor Kurling Blue room				
			11:15am	Life after Stroke programme Stroke Association Support Peach room		12:15pm	Lunch Blue room	
1:30pm	LASC centre user meeting – All Welcome!!! Peach room		1:00pm	PSI – Strength & Balance Peach room		1:00pm	Knit & Natter Blue room	
			2:00pm	Health & wellbeing Health & Nutrition Peach room				














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WEEK 2								
Time	Monday 1 st July	Session	Time	Wednesday 3 rd July	Session	Time	Thursday 4 th July	Session
10:30am	Seated Exercise Blue room		10:00am	Wii – Let's get active! Blue room				
11:00am	Room fundraising meeting Courtyard		10:00am	Carers Connect Green room		10:30am	Communication Group (user led) Peach room	
11:00am	Genealogy Peach room		11:00am	Indoor Activities & Games Blue room		10:30am	Untutored Craft Circle Blue room	
			11:00am	Indoor Kurling Blue room		10:30am	Indoor Kurling Blue room	
			11:15am	Life After stroke programme Evaluation Courtyard		12:15pm	Lunch Peach room	
			1:00pm	PSI – Strength & Balance Blue room		1:00pm	Singing Group Blue room	
			2:00pm	Health & wellbeing applying Health & nutrition Blue room				













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WEEK 3								
Time	Monday 8 th July	Session	Time	Wednesday 10 th July	Session	Time	Thursday 11 th July	Session
10:30am	Seated Exercise Blue room		10:00am	Wii – Let's get active! Peach room		10:00am	NE Worcestershire Stroke Group	
11:00am	Christmas Fayre Planning Courtyard		10:00am	Carers Connect Green room				
11:00am	Genealogy Peach room		11:00am	Indoor Activities & Games Blue room				
			11:00am	Indoor Kurling Blue room				
			11:15am	Life After stroke programme Introduction Peach room		12:15pm	Lunch Blue room	
			1:00pm	PSI – Strength & Balance Peach room		1:00pm	Knit & Natter Blue room	
			2:00pm	Health & wellbeing anxiety, stress & depression Peach room				













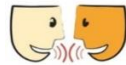
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WEEK 4								
Time	Monday 15 th July	Session	Time	Wednesday 17 th July	Session	Time	Thursday 18 th July	Session
10:30am	Seated Exercise Blue room		10:00am	Wii – Let's get active! Blue room				
11:00am	Untutored craft Courtyard		10:00am	Carers Connect Green room		10:30am	Communication Group (user led) Peach room	
11:00am	Genealogy Peach room		11:00am	Indoor Activities & Games Blue room		10:30am	Untutored Craft Circle Blue room	
11:15pm	Life after stroke programme – Healthy living with Pete - blue room		11:00am	Indoor Kurling Blue room		10:30am	Indoor Kurling Blue room	
						12:15pm	Lunch Peach room	
			1:15pm	PSI – Strength & Balance Blue room		1:00pm	Singing Group Back in time with Paul	
			2:00pm	Health & wellbeing stress & exercise Blue room				

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WEEK 5								
Time	Monday 22nd July	Session	Time	Wednesday 24th July	Session	Time	Thursday 25th July	Session
10:30am	Seated Exercise Blue room		10:00am	Indoor golf Peach room		10:00am	NE Worcestershire Stroke Group	
11:00am	Untutored craft Courtyard		10:00am	Carers Connect Green room				
11:00am	Genealogy Peach room		11:00am	Indoor Activities & Games Blue room				
			11:00am	Indoor Kurling Blue room				
			11:15am	Life after stroke programme– Neuroplasticity Peach room		12:15pm	Lunch Blue room	
			1:00pm	PSI – Strength & Balance Peach room		1:00pm	Knit & Natter Blue room	
			2:00pm	Health & wellbeing mood & motivation Peach room				

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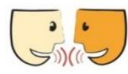








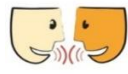
WEEK 6								
Time	Monday 29th July	Session	Time	Wednesday 31st July	Session	Time	Thursday 1st August	Session
10:30am	Seated Exercise Blue room		10:00am	Indoor golf Peach room				
11:00am	Untutored craft Courtyard		10:00am	Carers Connect Green room		10:30am	Communication Group (user led) Peach room	
11:00am	Genealogy Peach room		11:00am	Indoor Activities & Games Blue room		10:30am	Untutored Craft Circle Blue room	
			11:00am	Indoor Kurling Blue room		10:30am	Indoor Kurling Blue room	
			11:15am	Life after stroke Programme Emotional effects Peach room		12:15pm	Lunch Peach room	
						1:00pm	Singing Group Blue room	
						1:00pm	Communication Group (volunteer led) Courtyard	

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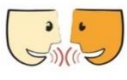








WEEK 7								
Time	Monday 5 th August	Session	Time	Wednesday 7 th August	Session	Time	Thursday 8 th August	Session
10:30am	Seated Exercise Blue room		10:00am	Indoor golf Peach room		10:00am	NE Worcestershire Stroke Group	
11:00am	Untutored craft Courtyard		10:00am	Carers Connect Green room				
11:00am	Genealogy Peach room		11:00am	Indoor Activities & Games Blue room				
			11:00am	Indoor Kurling Blue room				
			11:15pm	Life after stroke programme S/Association Support Peach room		12:15pm	Lunch Blue room	
			1:00pm	PSI – Strength & Balance Peach room		1:00pm	Knit & Natter Blue room	
			2:00pm	Health & wellbeing Relaxation & breathing Peach room				

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WEEK 8								
Time	Monday 12 th August	Session	Time	Wednesday 14 th August	Session	Time	Thursday 15 th August	Session
10:30am	Seated Exercise Blue room		10:00am	Indoor golf Peach room			Reminiscence day	
			10:00am	Carers Connect Green room		10:30am	Communication Group (user led) Peach room	
11:00am	Untutored craft Courtyard		11:00am	Indoor Activities & Games Blue room		10:30am	Untutored Craft Circle Blue room	
11:00am	Genealogy Peach room		11:00am	Indoor Kurling Blue room		10:30am	Indoor Kurling Blue room	
			11:15pm	Life After stroke programme Evaluation Peach room		12:15pm	Lunch Peach room	
			1:00pm	PSI – Strength & Balance Peach room		1:00pm	Singing Group Blue room	
						1:00pm	Communication Group (volunteer led) Courtyard	

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PRICING SCHEDULE

	Activity	Cost per session		Activity	Cost per session		Activity	Cost per session
	Art & Craft	£1.50		Health & wellbeing	£2.00		Untutored craft circle	£1.00
	Coffee morning	50p		Knit and Natter	50p		Wii Lets get active	50p
	Carers Connect	FREE		Kurling & Boccia	50p			
	Communication Group	50p		Lunch	£2.50			
	Genealogy	50p		Life after stroke programme	FREE			
	Indoor Activities & Games	£1.00		PSI	£2.00			
	Indoor Archery - LASC	£2.00		Seated exercise	£2.00			
	Indoor golf	50p		Singing Group	50p			

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