

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>12:00-2:00: Cooking with Confidence</b>  A cooking group with step by step instructions and group support to cook tasty meals at home.  Every 2 weeks.  Contact: Naomi or Danielle</p>	<p><b>2:00-3:00: Quiet Group</b>  A small group for those who prefer to have a quieter get together with others. Limited spaces  Contact: Hannah</p>	<p><b>10:00-11:00: Accessible Fitness (Starting 16<sup>th</sup> Sep 2020)</b>  A fitness class run by energetic instructor Sarah to help us keep fit to music. Open to anyone – introductory chat needed with a YVC member of staff first to ensure accessibility.  Contact: Hannah</p>	<p><b>3:00-4:30: Digital Voice Project and other activities</b>  Activities are decided by attendees, alongside activities and short film making. Open to people with learning disabilities and/or autism.  Contact: Amy, Joanne or Terri</p>	<p><b>10:30-12:00: Mindfulness Practice Sessions</b>  To support course members to continue using mindfulness in their daily lives. The sessions include guided meditations and discussions. Open to people with learning disabilities and/or autism who have attended a Mindfulness for Life course or similar.  Contact: Terri or Jane</p>
<p><b>3:00-4:00: The Creative Crew.</b>  A peer-led group for those with a creative flair. This will include a mixture of arts and crafts using basic things around the home and learning new art/drawing techniques.  Contact: Hannah</p>		<p><b>2:00-3:30: Self-Advocacy Meetings</b>  Meetings are chaired by self-advocates and support members to speak up and have their voices heard on issues that affect their lives in their communities and beyond. Open to people with learning disabilities and/or autism.  Contact: Amy, Joanne or Terri</p>		<p><b>2:00-3:00: Catch up and a Cuppa</b>  An online group chat where people chat in small groups about what they are interested in whilst enjoying a cup of tea. Open to anyone - introductory chat needed with a YVC member of staff first to ensure accessibility.  Contact: Naomi or Danielle</p>