

Monday	Tuesday	Wednesday	Thursday	Friday
<p>12:00: Cooking with Confidence 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>11:00: Accessible Fitness 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: Naomi or Danielle</p>	<p>2:00-3:30: Self-Advocacy Meetings 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>3:00-4:30: Digital Voice Project and other activities Poetry with creative writer Celia Bryce 11th, 18th and 25th June . Keep Fit at Home with tutors from SMILE Through Sport Thursday 2nd, 9th, and 16th July. 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>10:30-12:00: Mindfulness Practice Sessions 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>2:00: Catch up and a Cuppa 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>
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