



## Wellbeing Inside and Out Group Programme: Autumn 2017

Wed 13 <sup>th</sup> Sept	10.15 Relaxation with Pauline	<b>500 words: lottery competition</b>	1.00pm-3.00pm Self Governing Fund-raising making activity. (By agreement)	Saturday Group
Friday 15 <sup>th</sup> Sept	<b>A walk in the park</b>		1.00pm-3.00pm Self Governing Fund-raising making activity. (By agreement)	
Wed 20 <sup>th</sup> Sept	<b>Ivy Farm</b>		1.00pm- <b>2.00pm</b> Self Governing Fund-raising making activity. (By agreement) <b>1-1s by appointment only</b>	Sunday Group
Friday 22 <sup>nd</sup> Sept	<b>Fumble in the Jumble meeting</b>		1.00pm-3.00pm Self Governing Fund-raising making activity. (By agreement)	
Wed 27 <sup>th</sup> Sept	10.15 Relaxation with Pauline	<b>Problem Solving</b>	1.00pm-3.00pm Self Governing Fund-raising making activity. (By agreement)	Saturday Group
Friday 29 <sup>th</sup> Sept	<b>Monthly Challenge</b>		1.00pm-3.00pm Self Governing Fund-raising making activity. (By agreement)	
Wed 4 <sup>th</sup> Oct	10.15 Relaxation with Pauline	<b>Craft Skills</b>	1.00pm-3.00pm Self Governing Fund-raising making activity. (By agreement)	Sunday Group
Friday 6 <sup>th</sup> Oct	<b>Ivy Farm</b>		1.00pm-3.00pm Self Governing Fund-raising making activity. (By agreement) <b>1-1s by appointment only</b>	
Wed 11 <sup>th</sup> Oct	10.15 Relaxation with Pauline	<b>More craft skills</b>	1.00pm-3.00pm Self Governing Fund-raising making activity. (By agreement)	Saturday Group
Friday 13 <sup>th</sup> Sept	<b>We are what we eat</b>		1.00pm-3.00pm Self Governing Fund-raising making activity. (By agreement)	
Wed 18 <sup>th</sup> Oct	<b>Last Ivy Farm</b>		1.00pm-3.00pm Self Governing Fund-raising making activity. (By agreement) <b>1-1s by appointment only</b>	Sunday Group
Friday 20 <sup>th</sup> Oct	<b>Pot Luck</b>		1.00pm-3.00pm Self Governing Fund-raising making activity. (By agreement)	
Wed 25 <sup>th</sup> Oct	10.15 Relaxation with Pauline	<b>Feedback re the Farm</b>	1.00pm-3.00pm Self Governing Fund-raising making activity. (By agreement)	Saturday Group
Friday 27 <sup>th</sup> Oct	<b>Quiz + bring lunch to share</b>		1.00pm-3.00pm Self Governing Fund-raising making activity. (By agreement)	
Wed 1 <sup>st</sup> Nov	10.15 Relaxation with Pauline	<b>Preparation for Fumble in the Jumble</b>	1.00pm-3.00pm Self Governing Fund-raising making activity. (By agreement)	Saturday Group
Friday 3 <sup>rd</sup> Nov	<b>Monthly Challenge + Preparation for Fumble in the Jumble</b>		1.00pm-3.00pm Self Governing Fund-raising making activity. (By agreement)	
Wed 8 <sup>th</sup> Nov	10.15 Relaxation with Pauline	<b>Complementary Therapy Tasters</b>	1.00pm-3.00pm Self Governing Fund-raising making activity. (By agreement)	Sunday Group
Friday 10 <sup>th</sup> Nov	<b>Trip to Wyevale's or Poplar Nurseries</b>		1.00pm-3.00pm Self Governing Fund-raising making activity. (By agreement)	

The programme may be subject to change at short notice.