

Monday

Tuesday

Wednesday

Thursday

Friday

AM
Morning

1) Community day out



1) ASDAN foodbank volunteering



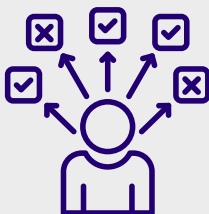
1) Multi sports and nutrition



1) Environmental volunteering / volunteering in the community



1) Community - personal choice



2) Multi sports and picnic



2) Art



2) Life technology



2) Life technology



2) ASDAN Hamelin chefs

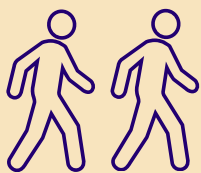


PM
Afternoon

1) Community day out



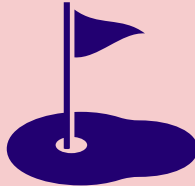
1) Walking group



1) Art



1) Hackers



1) Community - personal choice



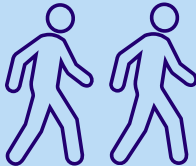
2) Mindfulness / wellbeing



2) Community volunteering (gardening)



2) Walking group



2) Express yourself (English comprehension)



2) Mindfulness & wellbeing



OR

Learn Spanish

