

Structured Men's Group Programme of Activities (Wednesdays)



NOTE: Please be mindful of the time & date. Venue can change depending on the activities.

DATE	ACTIVITIES	TIME	Activities' CONTRIBUTION	ACTIVITIES	TIME	Lunch CONTRIBUTION
4 July 2018	Introduction & Consultation	11:00 – 1:00	Free	Drop In/Gardening	1:00 – 2:30	£2
11 July 2018	Armley Industrial Museum	11:00 – 1:00	Free	Drop In/Gardening	1:00 – 2:30	£2
18 July 2018	Pool Tournament	11:00 – 1:00	Free	Drop In	1:00 – 2:30	byo
25 July 2018	Presentation on Hydration NCS	11:00 – 1:00	Free	Drop In/Gardening	2-3	£2
1 August 2018	Film – A Bronx Tale	11:00 – 1:00	Free	Drop In	1:00 – 2:30	byo
8 August 2018	NCS	11:00 – 4:00		Gardening	1:00 – 4:00	Byo
15 August 2018	Personal Hygiene	11:00 – 1:00	Free	Drop In	1:00 – 2:30	£2
22 August 2018	Bowling	11:00 – 1:00	Free	Drop In	1:00 – 2:30	£2
29 August 2018	Coping Strategy for anger management	11:00 – 1:00	Free	Drop In/Gardening	1:00 – 2:30	£2
5 September 2018	Northern Snooker	11:00 – 1:00	Free	Drop In	1:00 – 2:30	byo
12 September 2018	Quiz	11:00 – 1:00	Free	Drop In/Gardening	1:00 – 2:30	£2
19 September 2018	Healthy Cooking -	11:00 – 1:00	Free	Drop In/Gardening	1:00 – 2:30	£2
26 September 2018	Evaluation	11:00 – 1:00	Free	Drop In	1:00 – 2:30	£2

- For further detail, please contact Juana Kwok & Yaseen Baz.
- Service users please arrive on time for activities.
- Service users please assist to clean kitchen & dining room area at the end of activities.