

Your Local Community Charity

What's on at Core?

MONDAY

- **Job Application/Interview** 10am and
Skills/CV help 10.45am
- **Citizens Advice slots at** 10am, 11am, 12pm
- **Strong and Steady Exercise** 10am-11am
- **Mobile Phone Help** 12pm-2pm
- **Art Club** 1pm-3.30pm
- **Knit and Natter** 1.30pm-3pm
- **Family History Session** 1.30pm-3.30pm
- **5's and 3's Pub Dominoes** 1.30pm-3.00pm

TUESDAY

- **Food Pantry Collection** 9.30am-11am
- **Drop in Art Session** 10.00am-11.30am
Bring your own project or use our equipment
- **Tea and Toast (£1)** 9.30am-11.00am
- **Gentle Walking Group** 10.30am-11.30am
- **Card Making Class** 10.30am-12pm
- **Family Law** AM
- **Chair Based Yoga/Exercise** 2pm-3.30pm
Plus a cuppa afterwards
- **Blood Pressure drop in** 2pm-3.30pm

OTHER SERVICES:

- Help to fill out - Blue Badge Forms/
Attendance Allowance/PIP applications
- Free hearing aid clinic (re-tube and clean
NHS Hearing Aids)
- Help and advice for carers
- Hearing Aid Battery Collection point
- Photocopying/printing/scanning

WEDNESDAY

- **Walking Group** 10am-11.30am
- **Patchwork** 10am-12pm
- **Table Tennis** 10am-11am
- **Craft Class** 10.30am-12pm
- **One to One Computer Help** 10.30am-12pm
- **Soup/Carpet Bowls** 12pm-3pm
- **Line Dancing (beginners)** 11.30am
- **Line Dancing (intermediate)** 12.30pm
- **Line Dancing (advanced)** 1.30pm

THURSDAY

- **Gedling Borough Face to** 9am-3pm
Face Advice
- **Strong and Steady Exercise** 10am-11am
- **Bobbin Lace** 10am-12pm
- **Knit and Natter** 10am-12pm
- **Chair Based Yoga/Exercise** 2pm-3.30pm
Plus a cuppa afterwards
- **FREE NHS Hearing Clinic (Monthly)**
- **Lunch Club (Monthly)**

If we can't help, we'll find someone that can!



NEW CORE LUNCH CLUB

2 courses for £5

First Thursday of month - ticket only

- Ear Wax Removal (every other
Saturday morning by NHS Audiologist)
- Food Bank Referral Point
- Warm space with free wifi/use of laptop
- Energy Saving Advice
- Bereavement Support
- Debt Advice

*All of our services are free or very low cost • *NEW* How to use your smart phone - FREE course in June**



 Find and like us on
Facebook



Opening hours
Monday - Thursday
9:00am - 3:45pm

Your Local Community Charity

Are you looking for?

- A place where you can learn more about what's happening in your community?
- A warm friendly hub where you feel welcome and supported whilst making new friends?
- Volunteering opportunities to share your skills with others?

Some of our amazing funders



nationalgrid



Here's what some of
our visitors thought...

Help Core today with a
one off donation



What an amazing Centre! A hub of support, connection and community. I come to meet people and also use the services.

I found the Core wonderful and really helpful. They go the extra mile. Thank you so much!

I haven't been coming to the Core Centre for long but I find it a great way to make new friends and a great place to bring the community together. I think there is something for everyone to enjoy.

The Core Centre - 0115 8470551 or 07305 109358

Follow us on FB or visit our website: www.calvertoncore.org.uk

Email us at: info@calvertoncore.org.uk

CORE Centre, based at Calverton Working Men's Club, Collyer Road, Calverton, Nottingham NG14 6JX

Ample free parking and disabled access.



Registered Charity No.1079864