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

Your Local Community Charity

What's on at Core?

MONDAY

- **Job Application/Interview** 10am and
Skills Team - Appts' at 10.45am
- **Citizens Advice slots at** 10am, 11am, 12pm
- **Falls Prevention Group** 10.30am-12pm
- **Mobile Phone Help** 12-2pm
- **Art Club** 1pm-3.30pm
- **Knit and Natter** 1.30pm-3pm
- **Sign Language** 2pm-3pm

TUESDAY

- **Food Pantry Collection** 10am-11am
- **Drop in Art Session** 10am-11.30am
Bring your own project or use our equipment
- **Coffee Morning** *all welcome* 10am-12pm
- **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
Clinic FREE
- **'Mending Hearts Together'** 2pm-3.30pm
bereavement support group
- **Relaxation Sessions**

WEDNESDAY

- **Universal Credit Help** 10am
- **Walking Group** 10am-11.30am
- **Patchwork** 10am-12pm
- **Card Making Class** 10.30am-12pm
- **One to One Computer Help** 10.30am-12pm
- **Soup/Carpet Bowls/Bingo** 12-3pm
- **Line Dancing** 1.30pm

THURSDAY

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

OTHER SERVICES:

Help with PIP Applications, Attendance Allowance Advice, Free Hearing Aid Clinic (re-tube and clean NHS Hearing Aids), Hearing Aid Battery Collection Point, Blue Badge Help, Photocopying/Printing/Scanning, Ear Wax Removal, Food Bank Referral Point, General Help and Advice, Living With Loss Group, Financial Guidance, Energy Saving Advice, Help and Advice for Carers.

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

0115 8470551 • 07305 109358

www.calvertoncore.org.uk • info@calvertoncore.org.uk

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



Registered Charity No.1079864

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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?

Then look no further - we're here to help!!

Core is a long-standing Charity of over 20 years and prides itself as a well-respected resource within the Village.

We are a community hub, benefiting Calverton and the surrounding areas by providing a friendly walk in centre with both staff and volunteers on hand to help. We can immediately offer support with anything from a cup of tea and a chat, through to assistance with completing a difficult form or enrolling onto a fun weekly activity.

All of our services are either free or at a very low cost....

Why not pop and see us to find out for yourself what Core's all about - the kettle's always on!

Sam, Becky and Jane

The Core Centre - 0115 8470551
or 07305 109358

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

Ample free parking and disabled access.

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

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.

