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

Your Local Community Charity

What's on at Core?

MONDAY

- Art Club 1 - 3.30
- Citizens Advice - Appts' at 10,11 and 12
- Falls Prevention Group 10.30 - 12
- Mobile Phone Help 12 - 2
- Blood Pressure Clinic drop in Free 3 - 4
- **NEW** Sign Language 2 - 3

TUESDAY

- Card Making Class 10.30 - 12
- 'Your Important Too' Relaxation Sessions 9.30 - 11
- Chair Based Yoga/Exercise 2 - 3.30
(plus a cuppa afterwards)
- Coffee Morning - all welcome 10 - 12
- **NEW** Drop in Art session 10 - 11.30
bring your own project or use our equipment
- Blood Pressure Clinic drop in FREE 2 - 3.30

COMING VERY SOON....

- Core Allotment - calling all gardeners!!
Dig those wellies out - we need you!!
Call us to register your interest.....

WEDNESDAY

- Card Making Class 10.30 - 12.00
- **NEW** Pool/Darts 10 - 11.30
- Patchwork 10 - 12
- One to One Computer Help 12 - 1
- Universal Credit Help 10am

THURSDAY

- Bobbin Lace 10 - 12
- Universal Credit Help 10am
- Your Health Your Way 10 - 1
FREE support with weight loss/stopping smoking
- Knit and Natter 10 - 12
- Job Club Drop in 10 - 12
- Chair Based Yoga/Exercise 2 - 3.30
(plus a cuppa afterwards)

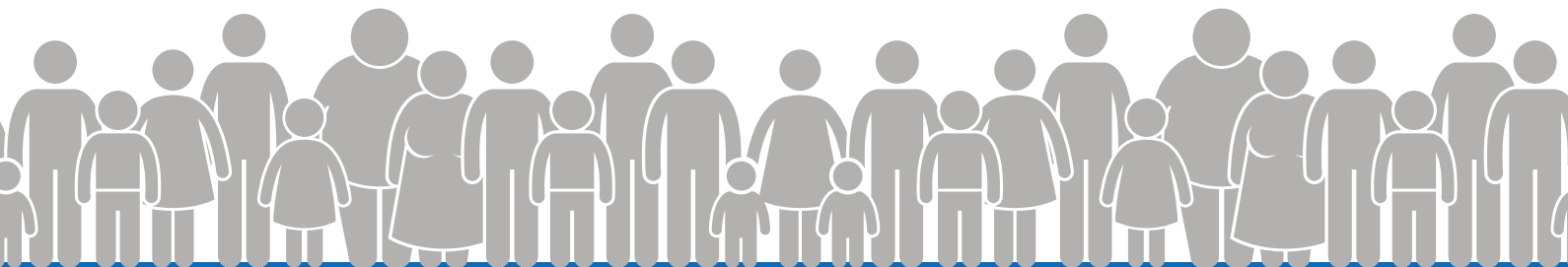
OTHER SERVICES:

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, Family Solicitor, Reflexology, Photocopying/Printing/Scanning, Ear Wax Removal, Food Bank Referral Point, General Help and Advice, Gedling Borough Council Outreach Sessions, Bereavement Group (Free), Financial Guidance, Energy Saving Advice

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

Your Local Community Charity

Are you looking for?

- *A place where you can learn more about what's happening in the Community?*
- *Help registering with your local GP - The Calverton Practice*
- *A space 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 28 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 and Becky

The Core Centre - 0115 8470551 or 07305 109358

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

