Find and like us on Facebook

Core Centre

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

Your Local Community Charity

info@calvertoncore.org.uk • 01158470551 / 07305109358 • www.calvertoncore.org.uk

What's on at Core?

MONDAY

- **IT Course** 9.30am-11.30am
- **Citizens Advice slots at** 10am, 11am, 12pm
- **Strong and Steady Exercise** 10am-11am
- **Notts Carers Federation** *(monthly)* 10am-12pm
- **Help with difficult forms/online** 10am-3pm
- **Computer/mobile phone help** 10am-3pm
- **Memory Café** *(monthly)* 10.30am–12.30pm
- **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
- **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
- **Tutor Led Art Group** 1.30pm-3.30pm

WEDNESDAY

- **Walking Group** 10am-11.30am
- **Patchwork** 10am-12pm
- **Table Tennis** 10am-11am
- **Job Application/Interview Skills/CV help** 10am and 10.45am
- **Craft Class** 10.30am-12pm
- **Soup/Carpet Bowls/Bingo** 12pm-3pm
- **Line Dancing - Advanced** 11.30am

THURSDAY

- **Gedling Borough Face to Face Advice** 9am-3pm
- **NCC Adult Social Care** *(monthly)* 9am-3pm
- **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 2 course hot meal £4)*

OTHER SERVICES:

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

- 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
- 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 • Interested in volunteering with us?

Registered Charity No.1079864

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Your Local Community Charity

There's always a warm welcome at Core

but don't just take our word for it!

Not everyone has the confidence to join in, it is much easier at core as everyone is open, warm and friendly.

I look forward to coming to core, it makes me feel good and I love you all!

After I lost my husband I was so lonely, Core and the friends I made there have saved my sanity and given me hope.

*I'm not alone now I have Core, my family have peace of mind that I have somewhere close by to go to for help and support.

The Core is a lifeline to me – it offers support, friendship, encouragement and friendly faces to lift your mood!

We are 71 and 81 and just completed our first Computer Course – if we can do it anyone can!

Love what we do?

Help us to keep going – even £5 makes a real difference, scan to donate.

A place to belong - Join us for activities, learning, laughter and lunch

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.

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