******Our Place Activities Timetable September 2024**

Here are the list of activities happening as part of the Our Place Project for the month of October. If you wish to join, please contact:

Terry: Terence.King@aod.org.uk or Call 07776512816

Reception: Info@aod.org.uk or Call 020 7385 2098

We look forward to seeing you soon!

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|  | **Activity** | **Time** |
| **Monday – September 30th** | Yoga Art Group | 1 pm – 2 pm 2:30 pm – 4:30 pm |
| **Tuesday – October 1st** | Gardening Group (AoD Offices)Crafts Club | 11 am – 1 pm1:30 pm – 3:30 pm |
| **Wednesday – October 2nd** | Writing for Wellbeing (Online)  |  2 pm – 4 pm  |
| **Thursday – October 3rd** | Let’s Play Pool | 1 pm – 3 pm |
| **Friday – October 4th** | Coffee MorningThe New Normal (Facilitator Training) **Fully Booked** | 10 am – 12 pm12 pm – 1:30 pm |
| **Monday – October 7th** | Yoga Art Group | 1 pm – 2 pm 2:30 pm – 4:30 pm |
| **Tuesday – October 8th** | Gardening Group Crafts ClubNHS Back on Track (Online & In-Person) – **Please contact to book** | 11 am – 1 pm1:30 pm – 3:30 pm2:30 pm – 3:30 pm |
| **Wednesday – October 9th** | Writing for WellbeingNext Steps (18-30) | 11 am – 1 pm1 pm – 3 pm |
| **Thursday – October 10th** | Let’s Play PoolVisual Impairment/Sight Loss Group  | 1 pm – 3 pm6 pm – 8 pm |
| **Friday October 11th** | Coffee Morning The New Normal (Facilitator Training) – **Fully Booked** Steering Board (Invitation Only) | 10 am – 12 pm 12 pm – 1:30 pm  2 pm – 4 pm |
| **Monday – October 14th** | Yoga Art Group | 1 pm - 2 pm 2:30 pm – 4:30 pm |
| **Tuesday – October 15th** | Gardening Group (AoD Offices) AoD Crafts Club | 11 am – 1 pm 1:30 pm – 3:30 pm |
| **Wednesday – October 16th** | Next Steps (18-30)Writing for Wellbeing (Online) | 1 pm – 3 pm2 pm – 4 pm   |
| **Thursday – October 17th** | Let’s Play Pool | 1 pm – 3 pm |
| **Friday October 18th** | Coffee Morning Facilitator Training (joined by The New Normal – **Fully Booked** | 10 am – 12 pm 12 pm – 1:30 pm |
| **Saturday – October 19th** | West London Deaf Club | 4:30 pm – 9:30 pm |
| **Monday – October 21st** | YogaArt Group | 1 pm – 2:pm2:30 pm – 4:30 pm |
| **Tuesday – October 22nd** | Gardening Group (AoD Offices) AoD Crafts Club | 11 am – 1 pm  1:30 pm – 3:30 pm |
| **Wednesday – October 23rd** | Writing for WellbeingNext Steps  | 11 am – 1 pm1 pm – 3 pm  |
| **Thursday – October 24th** | Let’s Play PoolLGBTQ + Group | 1 pm – 3 pm5:30 pm – 7:30 pm |
| **Friday – October 25th** | Our Coffee Morning | 10 am – 12 pm |
| **Monday – October 28th** | YogaArt Group | 1 pm – 2 pm 2: 30 pm – 4:30 pm |
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| **Tuesday – October 29th** | Gardening GroupCrafts Club | 11 am – 1 pm1:30 pm – 3:30 pm |
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| **Wednesday – October 30th** | Next Steps 18 – 30 Writing for Wellbeing (Online)  | 1 pm – 3 pm2 pm – 4 pm |
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| **Thursday October 31st** | Let’s Play Pool | 1 pm – 3 pm |