



TIME TABLE

LIVE WELL HUB TIMETABLE FOR WEEK COMMENCING 26th FEBRUARY 2024

MONDAY	10am-3pm Deben Room	Headway, a day hub for anyone with a neurological condition – Drop In
	1.30pm-3.30pm Alde Room	Diabetes Prevention Workshop By Referral
WEDNESDAY	10am – 3pm Blyth Room	C4H Social Prescribing - By Appointment
	10.15am-11.45	Better Balance seated exercise class
	1pm – 2.30pm Gym	Breathe Fit seated exercise class ActiveLives frazier@activlives.org.uk 01473 345 350 Self Referral
	10am – 4pm Alde Room	Turning Point - Substance Addiction By Referral jeff.trace@turning-point.co.uk Phone 0300 123 0872
	10am – 1pm Waveney Room	Inspire – Youth Employment Scheme Drop in or Appointment
FRIDAY	10am – 3pm Blyth Room	C4H - Social Prescribing - By appointment
	10am – 12 noon Alde Room	Realise Futures – Drop In, help with employment, learning & much more - for anyone disadvantaged &/or disabled.
	10am – 12 noon Waveney Room	NHS Individual Placement Support

