



TIMETABLE FOR WEEK COMMENCING 4th AUGUST 2025



MONDAY	9.30am – 1pm	Inspire, Youth Employment Service – Improving career opportunities. Contact info@yessuffolk.co.uk or 0330 055 0033
Waveney		
Blyth Room	10am – 2pm	Realise Futures – Drop in or make an appointment for help and support for anyone who is disadvantaged and/or disabled. Tel: 01473 242 500 or info@realisefutures.org
Deben Room	10.30am – 3pm	Headway Day Hub for any adult with a neurological condition. Drop in or info@headwaysuffolk.org.uk or 01473 712225
Gym	1pm – 4pm	Pulmonary Rehab: Self-refer – 03330 433 966 or register at www.physioselfrefer.co.uk/snee
Blyth Room	2pm - 4pm	Knit and Natter Craft Group
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WEDNESDAY		ActivLives frazier@activlives.org.uk 01473 345 350
Gym	9.30am-11am	Better Balance seated exercise class
Gym	11.15am-12pm	Falls Prevention seated exercise class – by referral only
Gym	1pm-2.30pm	BreatheFit seated exercise class
Foyer 11.30am – 2.20pm – Wellbeing Suffolk. If you are struggling to cope, if you need a little extra support, Wellbeing Suffolk has a range of options to help you. Drop in and have a chat, help is available.		
Blyth room	10am – 3pm	C4H Social Prescribing - By Appointment 01394 332 265 or C4h.suffolk@nhs.net
Alde Room	9am – 3.15pm	Turning Point - Substance Addiction By Referral jeff.trace@turning-point.co.uk or 0300 123 0872
Deben Room	9am – 1pm	Turning Point - Substance Addiction By Referral suffolk@turning-point.co.uk or 01502 531 138
Deben Room	1.30pm-3pm	Seated Yoga Class - just turn up in comfortable clothes and stay for a cuppa.
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FRIDAY 10am-12pm - Join Groundwork East, Growing for Good in the Memorial Garden		
Email - andrew.johnson@groundwork.org.uk The sessions are free and equipment is supplied.		
Alde Room	10am-12noon	Diabetes Prevention Workshop, by referral only.
Blyth Room	10am – 3pm	C4H Social Prescribing - By Appointment 01394 332 265 or C4h.suffolk@nhs.net
Deben	1pm – 2.30pm	Seated Yoga Class - just turn up in comfortable clothes and stay for a cuppa.
Gym	1pm – 4pm	Pulmonary Rehab: Self-refer – 03330 433 966 or register at www.physioselfrefer.co.uk/snee



IN PARTNERSHIP
WITH



The Live Well Hub, Waterloo Centre,
Waterloo Avenue, Leiston. IP16 4HF
Email: livewell@leistoncouncil.gov.uk
Tel: 07955 437 070