

TIMETABLE FOR WEEK COMMENCING 4th MAY 2026



CLOSED FOR EARLY MAY BANK HOLIDAY

<u>TUESDAY</u> Waveney	10am -3pm	Headway Day Hub for adults with any neurological condition. Contact info@headwaysuffolk.org.uk or call 01473 712 225
Gym	10am-12.30	New Age Kurling with Alana for all ages and abilities Contact Alana on alana@activlives.org.uk or call 07365 358 939
<u>WEDNESDAY</u> Gym	9.30-11am	ActivLives Keep On Moving seated exercise class. Contact frazier@activlives.org.uk or phone 01473 345 350
Gym	11.15-12pm	Falls Prevention seated exercise class – by referral only
Gym	1.30pm-3pm	ActivLives Breathefit Seated exercise class. Contact frazier@activlives.org.uk or phone 01473 345 350
Deben	9am-3.30pm	Turning Point - Substance Addiction By Referral jeff.trace@turning-point.co.uk or 0300 123 0872
Blyth	10am-3pm	C4H Social Prescribing -by appointment – by referral or self-refer at C4h.suffolk@nhs.net or phone 01394 332 265
Deben	4pm-7pm	Imadethis Animation Club for young people with SEN/ADS Contact judecowgill@hotmail.co.uk
<u>FRIDAY</u> Blyth	10am-3pm	C4H Social Prescribing -by appointment – by referral or self-refer at C4h.suffolk@nhs.net or phone 01394 332 265



IN PARTNERSHIP
WITH



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