

# TIMETABLE FOR WEEK COMMENCING 11<sup>th</sup> MAY 2026



<b>MONDAY</b> Deben	9am-3pm	Turning Point - Substance Addiction By Referral <a href="mailto:jeff.trace@turning-point.co.uk">jeff.trace@turning-point.co.uk</a> or 0300 123 0872
Alde	9am – 4pm	National Careers Service - Support & guidance to get into work or make a career change. Contact <a href="mailto:fran.parish@futuresforyou.com">fran.parish@futuresforyou.com</a> or 07484 916 604.
Gym	9am – 12pm	Pulmonary Rehabilitation, for referral contact 07841 533 742 or email <a href="mailto:Rebecca.Smith4@esneft.nhs.uk">Rebecca.Smith4@esneft.nhs.uk</a>
Blyth	10am – 3pm	Counselling with trainee Karen, booking necessary, free of charge. Emails: <a href="mailto:khamrat@gmail.com">khamrat@gmail.com</a> or leave a message on 07974 137 661
Waveney	10am-3pm	Headway Day Hub for adults with any neurological condition. Contact <a href="mailto:info@headwaysuffolk.org.uk">info@headwaysuffolk.org.uk</a> or call 01473 712 225.
MUGA	10am – 12pm 1.30pm-3.30pm	The Way To Go Guided Walk then stay for a cuppa The Way To Go Guided Cycle Ride then stay for a cuppa Find out more – email - <a href="mailto:walkingandcycling@suffolk.gov.uk">walkingandcycling@suffolk.gov.uk</a>
Alde	4pm-6pm	Pulse Diabetes Prevention Workshop – by referral only
<b>TUESDAY</b> Waveney	10am -3pm	Headway Day Hub for adults with any neurological condition. Contact <a href="mailto:info@headwaysuffolk.org.uk">info@headwaysuffolk.org.uk</a> or call 01473 712 225
Gym	10.30-12noon	New Age Kurling with Alana for all ages and abilities, stay for a cuppa Contact Alana on <a href="mailto:alana@activlives.org.uk">alana@activlives.org.uk</a> or call 07365 358 939
<b>WEDNESDAY</b> Gym	09.30am – 11am	ActivLives Keep On Moving seated exercise class. Contact <a href="mailto:frazier@activlives.org.uk">frazier@activlives.org.uk</a> or phone 01473 345 350
Gym	1.30pm-3pm	ActivLives Breathefit Seated exercise class. Contact <a href="mailto:frazier@activlives.org.uk">frazier@activlives.org.uk</a> or phone 01473 345 350
Deben Room	9am-3.30pm	Turning Point - Substance Addiction By Referral <a href="mailto:jeff.trace@turning-point.co.uk">jeff.trace@turning-point.co.uk</a> or 0300 123 0872
Postponed		C4H Social Prescribing – by appointment – by referral or self-refer at <a href="mailto:C4h.suffolk@nhs.net">C4h.suffolk@nhs.net</a> or phone 01394 332 265
Deben Rm	4pm – 7pm	Imadethis Animation Club for young people with SEN/ADS Contact <a href="mailto:judecowgill@hotmail.co.uk">judecowgill@hotmail.co.uk</a>
<b>THURSDAY</b> Gym	10am-12 noon	Pulmonary Rehabilitation, for referral contact 07841 533 742 or email <a href="mailto:Rebecca.Smith4@esneft.nhs.uk">Rebecca.Smith4@esneft.nhs.uk</a>
<b>FRIDAY</b> Blyth Room	10am – 1pm	<b>DROP IN SESSION WITH CONNECT4HEALTH SOCIAL PRESCRIBER – GET HELP WITH ANYTHING FROM FAMILIES TO BENEFITS TO SOCIAL ISOLATION</b>
Waveney	10am – 12pm	Combat2Coffee Armed Forces Veterans Coffee Morning for coffee, chat and connection.
Blyth Room	10am – 3pm	C4H Social Prescribing -by appointment – by referral or self-refer at <a href="mailto:C4h.suffolk@nhs.net">C4h.suffolk@nhs.net</a> or phone 01394 332 265



IN  
PARTNERSHIP  
WITH



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