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***Monday Evening 7pm–8:30pm — Evening Group***

A varied programme of events for men and women of all ages, held at the Hester Adrian Centre. Slide shows, dancing, quizzes, games, bingo and craft demonstrations are among the activities.

***Tuesday Morning 11am–1pm — Art***

Many topics on an art and craft theme are covered in an informal and friendly atmosphere.

***Tuesday Afternoon 1pm–3pm — Pottery with Bob Race***

The group encourages self-expression with clay in a calm and creative atmosphere.

***Tuesday Morning 10:30am–11:30am — Poetry***

A small group who meet to write their own poetry.

***Wednesday 12noon–2pm — Women’s Group***

A small diverse and friendly group who enjoy many varied activities, both at Barrere House and places of interest around Cambridge.

***Thursday Afternoon 1pm–3pm — Pottery with Bob Race***

The group encourages self-expression with clay in a calm and creative atmosphere.

***Thursday Evening 7pm–8:30pm — Evening Group***

A relaxed and friendly group enjoying activities such as quiz nights, bingo, DVD’s.

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***Friday Morning 10:30am–11:45am — Barrere House***

A coffee morning for a mixed range of men and women. The group enjoy a chat over coffee and take part in a raffle or bring and buy. Occasionally, outings are enjoyed by the group.

***Friday Morning 10:30am–12noon — Allotment***

Informal group who meet at Chesterton Rd and then go to allotment. No gardening experience needed.

***Friday Evening 7pm–8pm — Football Club, Chesterton Sports Centre***

Lively training sessions with a professional coach from Cambridge City Football club. No experience necessary. This is a pilot project which we are hoping to expand later in the year.

***Sunday Bistro Dining at the Hester Adrian Centre 12:30pm–3pm***

Held on the 2<sup>nd</sup> Sunday and the last Sunday of the month, a relaxing, warm, friendly Bistro dining experience. 2 course meal prepared by a professional chef.

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**OCD Support Group**

This self-help group for people with Obsessive-Compulsive Disorder (and carers) meets fortnightly on Monday evenings, from 5:30pm to 7pm.

***For further information about any of the above,  
please contact Hannah on 01223 311320***