

# REGULAR ACTIVITIES

## Monday and Tuesdays



<u>Day</u>	<u>Activity</u>	<u>Times</u>	<u>Support</u>	<u>Prices</u>
Monday	Zindagani Asian Men's Group  Emmanuel Church Sports Hall, Weston Favell Shopping Mall Northampton  Various activities	10.00-12.30	Jayantibhai	£2.00 Per Month for Refreshments
Tuesday	Sakhi Milap  Emmanuel Church Middle Floor Hall, Weston Favell Shopping Mall, Northampton  Various Health  Related Workshops  Yoga	10.30-1.00	Suralaben/Latika	Yoga £1 Per Person Per Session
Tuesday	Zindagani Asian Men's Group  Sports Hall, Weston Favell Shopping Mall Northampton  Various activities	10.00-12.30	Jayantibhai	£2.00 Per Month for Refreshments

# REGULAR ACTIVITIES



## Wednesday, Thursday and Friday

<u>Day</u>	<u>Activity</u>	<u>Times</u>	<u>Support</u>	<u>Prices</u>
Wednesday	English: Esol Dostiyo Northampton	10.30-11.30	Margaret	50p Per Person Per Session
Wednesday	Carers Yoga Dostiyo Northampton	11.30- 12.30	Dilipbhai	50p Per Person Per Session
Wednesday	Wellbeing Cafe Various Health Related Workshops, Healthy Recipes, Beauty treatment, Eye Brows, Facial, Relaxation, Dostiyo Northampton	12.30-2.00	Kalsuma/ Indira	Therapies - Café Prices Vary
Wednesday	Younger Carers Yoga  Dostiyo, Northampton	5.30 – 6.30PM	Dvija Mehta	50p Per Person Per Session
Wednesday	Walk in to Advocacy and Various Activities At Victoria Centre Wellingborough	11.00-2.00	Jaya/ Savita	50p Per Person Per Session

Thursday	Zindagani Sports Hall, Weston Favell Shopping Mall Northampton  Various activities	10.00-12.30	Jayantibhai	£2.00 Per Month for Refreshments
Thursday Once a month	Wellbeing Cafe Various Health Related Workshops, Healthy Recipes, Beauty treatment, Eye Brows, Facial, Relaxation  At Mind in Kettering	2.00 - 4.00	Rahana	Therapies - Café Prices Vary
Thursday Once a month	Drop in Session One to one  At Mind in Kettering	11.00 - 1.00	Rahana	Therapies - Café Prices Vary
Friday	Keep Fit Dostiyo Northampton	12.00-1.00	Nicky	50p Per Person Per Session
Friday	Wellbeing Cafe Various Health Related Workshops, Healthy Recipes, Beauty treatment, Eye Brows, Facial, Relaxation  At Victoria centre Wellingborough	10.30 -12.30	Jaya/ Sarwat	Therapies - Café Prices Vary 50p-£1.00 Per Person Per Session