



Older Women Day Centre Programme February 2018

First pick up: Totterdown

DATE

PROGRAMME

05/02/18

Mon

Exercise
Conversation



06/02/18

Tues
Outdoors

Shopping at Tesco Eastgate
(Lunch at Tesco Community Room)



12/02/18

Mon

Talk by Zehra Haq – CEO
on Dhek Bhal Policies:-
○ Confidentiality and Procedure
○ Safeguarding Adults
○ Equality & Diversity



13/02/18

Tues
Indoors

Lidl
Conversation & Arts & Craft



19/02/18

Mon

Exercise
Talk by Anna Balcerek - CASS
Workshop about stigma in mental health



20/02/18

Tues
Outdoors

Shopping at Morrisons & Rajanis



26/02/18

Mon

Dhek Bhal Information Day
Speakers: Police, Fire Service and
Red Cross



27/02/18

Tues
Indoors

Easton Sweet Mart & Lidl
Conversation & Arts & Crafts



Programme might be subject to changes: Telephone (0117) 9146671 / 2