

Training and Development Timetable 2022

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>Woodwork</p> <p>Wood making projects and restoration</p> <p>10am – 12pm 1.30pm - 3.30pm</p>	<p>Woodwork</p> <p>Wood making projects and restoration</p> <p>10am – 12pm 1.30pm - 3.30pm</p>	<p>ART</p> <p>Exhibition work, gallery visits, open sessions, workshops and more.</p> <p>10am – 12pm 1.30pm - 3.30pm</p>	<p>ART</p> <p>Exhibition work, gallery visits, open sessions, workshops and more.</p> <p>10am – 12pm 1.30pm - 3.30pm</p>	<p>Literacy Group</p> <p>Reading, writing and no arithmetic. A creative literacy group for all levels.</p> <p>10.30am - 12pm</p>
<p>Gardening</p> <p>Garden maintenance and skills</p> <p>1.30pm - 3.30pm</p>	<p>Gardening</p> <p>Garden maintenance and skills</p> <p>10am - 12pm 1.30pm - 3.30pm</p>	<p>Gardening</p> <p>Garden maintenance and skills</p> <p>1.30pm - 3.30pm</p>	<p>Creative Writing</p> <p>Short stories, poetry, song lyrics and everything in between.</p> <p>1.30pm - 3pm</p>	<p>Reading Club</p> <p>An inclusive reading group for all reading abilities.</p> <p>2pm - 3.30pm</p>
		<p>Choices</p> <p>An hour together (2pm) and Movement sessions (3pm)</p> <p>1pm – 6pm</p>	<p>Personal Training</p> <p>Tailored group training sessions.</p> <p>Everyone is welcome!</p> <p>3pm - 4pm</p>	