

Come along to a community session!

MONDAYS in the West End			
TIME	ACTIVITY	WHERE	COST
9 - 10	Breakfast	Stanleys	free
10 - 12	Art group	Stanleys	free
1-2	Women's group drop-in	Stanleys	free
1-2	Chair-based exercise	Stanleys	free
2 - 3	Health & wellbeing (need to book)	Stanleys	free
4 - 5	Unique Beatz (disabled youngsters' music)	More Music	free
6 - 8	EcoCollective (music production 14-21)	More Music	£3
7 - 9	Andys Man Club	Morecambe FC	free
7 - 9	Folk Group (13-80)	More Music	£5

TUESDAYS in the West End

TIME	ACTIVITY	WHERE	COST
9 - 10	Breakfast	Stanleys	free
9.30-11	CBT support group (book)	West End Impact	free
10-11	Body Pump	Kings Arms (Stanleys)	free
10 - 12	Citizen's Advice (book)	Stanleys	free
10 - 1	Advice drop-in	West End Impact	free
10 - 11.30	Clapping Song (under 5s)	More Music	£5
1.30-3.30	Play Boccia	Kings Arms (Stanleys)	free
2 - 3.30	Seagull Cafe (over 60s music)	More Music	free
5 - 6	Let's Run Morecambe (jogging)	Outside Beach Cafe	free
5 - 7.30	Best End Social Club	The Well	free
6.15 - 7.15	Baybeat (streetband - beginners 8-80)	More Music	£3
6.30 - 7.30	Morecambe Community Runners	Battery car park	free
7.30 - 8.45	Baybeat (streetband - experienced)	More Music	£3

WEDNESDAYS in the West End

TIME	ACTIVITY	WHERE	COST
8.30 - 10	Breakfast club	The Well	free
9 - 10	Breakfast	Stanleys	free
10-11	Chair-based yoga	Stanleys	free
10 - 12	Women's support group	Stanleys	free
10 - 11.30	On The Beat (fun music - disabled adults)	More Music	£5
10-12	Grassroots allotment (call Stanleys first)	Osborne Rd	free
10.30 - 1	Community cafe	Stanley Rd Baptist Church	free/donation
11 - 12	Meditation / relaxation	Stanleys	free
11 - 1	Wellbeing cafe	West End Impact	£3
12 - 1.30	On The Beat (fun music - disabled adults)	More Music	£5
1 - 3	Crafternoon	Stanleys	free
2 - 4	Women's talking group	The Well	free
5 - 6	Bay Youth Voices (7-11)	More Music	£3
5 - 7	Sing it Out (11-18)	More Music	£3
5 - 7	Vocal Lab (11-18 songwriting, etc.)	More Music	£3

THURSDAYS in the West End

TIME	ACTIVITY	WHERE	COST
9 - 10	Breakfast	Stanleys	free
9 - 12	Connection Cafe (board games)	The Well	free
10 - 11.30	Circuit training	Stanleys	free
10 - 1	Drop-in cafe & free meal (served 11.15)	West End Impact	free
10 - 1	Advice drop-in	West End Impact	free
10.45 - 12	Lyrics & Laughter (1st/3rd Thurs)	St Johns Sandylands	£2
11 - 1	Nutrition with Becky (lunch included)	Stanleys	free
1 - 2	Line dancing	Stanleys	free
2 - 3.30	Sing for Fun (community choir)	Stanleys	free
3-5	Darts (16+)	Stanleys	free
5 - 6	Let's Run Morecambe (jogging)	Outside Beach Cafe	free
5 - 6.30	Free community yoga class	The Well	free
6 - 8	Stages (band night 11-18)	More Music	£3
6.30 - 7.30	Morecambe Community Runners	Battery car park	free

FRIDAYS in the West End

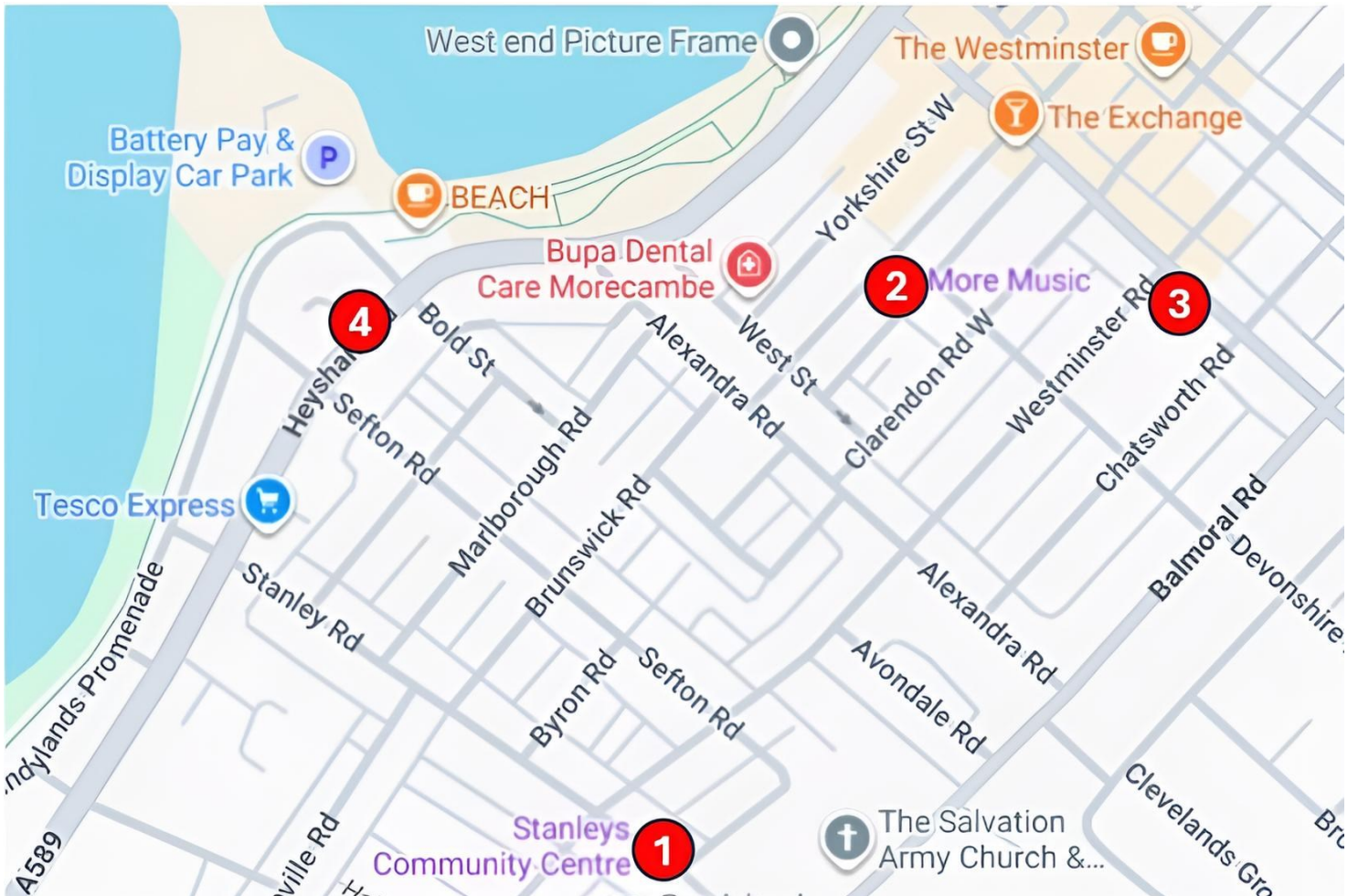
TIME	ACTIVITY	WHERE	COST
9 - 10	Breakfast	Stanleys	free
10 - 11	Play boccia	Stanleys	free
11 - 12	Chair-based exercise	Stanleys	free
1 - 2.30	Men's talking group	The Well	free
3.30-7	Tabletop games (Stanleys)	The Link, West St	free
7 - 8.30	Youth group 11-16s	West End Impact	free

SATURDAYS in the West End

9 - 10	Morecambe Park Run	Outside Beach Cafe	free
11 - 12	Walk with a doc (2nd/4th Sats.)	Outside Beach Cafe	free

SUNDAYS in the West End

1	Take-away lunch	West End Impact	free
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Stanleys Community Centre

79-83 Stanley Road, LA3 1UT, phone 01524-410076

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MoreMusic

13-17 Devonshire Road, LA3 1QT, phone 01524-831997

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The Well Communities

Westminster Road, LA4 4JE, phone 01524-415278

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West End Impact

79-83 Stanley Road, LA3 1UT, phone 01524-888929