

Positive Moves CIC Autumn Winter 2016 Programme



<p>Every Thursday 12-30. -3pm drop in 3-5pm counselling</p>	<p>Positive Steps Ages 16-25</p>	<p>Cadishead Hall</p>	<p>Free drop in service for young people, support with personal development, informal training such as first aid, food hygiene, help getting into work, traineeships apprenticeships, trips out.</p> <p>Counselling 1-1 confidential counselling for help with low mood, anxiety, depression Referral Form Needed</p>
<p>Thursday 6.30-8.30-pm</p>	<p>Positive stars Session- Special Needs and siblings 5-18 years</p>	<p>Cadishead Hall</p>	<p>Referral Form Needed- During these sessions we do different activities such as; Arts and Crafts, Construction Building, Drama Group, Games, Healthy Foods, Sports, Soft and Sensory Play. 5-18 Year Olds £1.00 per child and £1.00 for transport</p>
<p>Friday 12-3</p>	<p>Over 60, social club</p>	<p>Wesley hall Lord street</p>	<p>Bingo, games, quizzes, taster sessions, food Trips out Transport to and from sessions £2.00 per session £1 for food!</p>



0161 211 5921



irlamandcadishead.youthproject



sylvia@icy-positivemoves.org.uk

OFFICE -Abbey studios 41-43
Liverpool Road Cadishead M44
5BQ