

Essex Wellbeing Project Timetable

If you would like to attend any of the activities/events below, please let Rose, Gabby or Jo know or call 07511 824170.

Activity/ Event	Date and Time	Extra Information
Pub trip during Tuesday Club	Tuesday 29th March at 7pm	Please bring money for a drink
Hopefield Animal Sanctuary	Thursday 31st March Meet at Sion at 12:30pm , will return to Sion at 4pm	Entrance fee - £6
ACL cafe lunch	Monday 4th April 12pm	Please bring money for lunch. If you need transport please let us know.
Hope cafe at Ingatestone Elim Church	Friday 8th April 10am	Please bring money for lunch. If you need transport please let us know.
Toby Carvery coffee morning	Saturday 9th April - 10:30am	
Brentwood Theatre Community Cinema - Ghostbusters	Sunday 10th April Meet at Brentwood Theatre at 6:45pm .	Ticket price - £6 Limited space

	Film starts at 7pm and will finish at 9pm.	
Brentwood vs Romford football Match at Brentwood Centre	Monday 18th April 3pm	
Brentwood Tea Dance	Thursday 21st April 11am - 1pm at Nightingale Centre, Warley	Free of charge. If you need transport please let us know.

