

Promoting inclusion ... because 'Community Works'!



Sarah: 20 years working for Frontline

Great at explaining things clearly and concisely



Sarah is brilliant and kind

She is very organised

A really nice lady

> Will always help if she can



She is so dedicated and cheerful. She really lifts the occasion above the simple provision of food



A really nice person: helpful, kind, understanding



Amazing length of service





'THE SWINGING GATES'

Rock & pop favourites from over 50 Years You are all invited to our......



24th November 2023 Time 7:30 pm VENUE AND PARKING:

Bentley District Village Club, Ongar Road, Pilgrim's Hatch, Brentwood, CM15 9RZ

SUBSIDISED BAR AND NIBBLES AVAILABLE

£10

Mary: 07887742622



www.sportforconfidence.com info@sportforconfidence.com

Class based occupational therapists ensure classes are accessible to all, so you can improve your physical and mental health, and socialize and have fun in a safe space.

Activities vary termly, but may include Basketball, Boccia, Dance, Gym, Kurling, Multi-Sports and Swimming (depending on venue).

Available at venues across Essex, including Brentwood, Basildon and Chelmsford.

You can refer yourself or be referred by others, including a GP or a carer. Cost £3.50 / session

Basildon Sporting Village, Cranes Farm Road, Basildon, Essex, SS14 3GR. Lead OT Lyndsey Barrett (Tel: 07809 142805)

Brentwood Centre, Doddinghurst Road, Brentwood, Essex, CM15 9NN. Lead OT Nikki West (Tel: 07874 878273)

Riverside Leisure Centre, Victoria Road, Chelmsford, CM1 1FG. Lead OT Megan Potts (Tel: 07394 564942)



Friday 24 November 2023 is Tuesday Club's Pantomime Trip

Where - The Towngate Theatre Basildon

Time - 7pm (meeting in the theatre foyer at 6.45pm)

Cost - £16.50 per ticket

Transport – If you are unable to get to the pantomime and need transport please let us know

If you would like a ticket please let us know before Tuesday 26th September. If you have any questions, please talk to Jo or Jonathan. Tel: 07511 8 2 4 1 7 0 or E m a i I: jorayment@frontlinepartnership.org

We are looking forward to a fun evening (oh yes we are!)





Tuesday Club dates
October—November

Tuesday Club dates for your diary

For further information please call Tuesday Club Team on 07511 824170

3rd October 2023 Tuesday Club at Sion Centre, Sawyers Hall Lane 7pm-8.30pm

10th October 2023 Tuesday Club at Sion Centre, 7pm

17th October 2023 Tuesday Club at Sion Centre, 7pm

No meeting on 24th October: Half Term

31st October 2023 Tuesday Club at Sion Centre, 7pm

7th November 2023 Tuesday Club at Sion Centre, 7pm

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14th November 2023 Tuesday Club at Sion Centre, 7pm

21th November 2023 Tuesday Club at Sion Centre, 7pm

28th November 2023 Tuesday Club at Sion Centre, 7pm



CAFE ARt

Café Art's current featured artists on display at Brentwood Arts Therapy Centre are: Matthew (Vase of Flowers), Maria (Guitar), and Collective Ceramic Flowers by Ian, Katie, Sacha, Penny & Maria.

www.brentwoodartstherap y.org.uk

9 Hatch Road, Pilgrims Hatch, Brentwood, Essex, CM15 9PU