

WEEKLY TIMETABLE AT UPPERTUNITY

Enjoy fun activities each week, try something new and spend time with friends!
Spaces must be booked in advance. Get in touch to find out what's available.

AFTERNOON SESSIONS

Tuesday	Wednesday	Thursday	Friday
Lunch Club Bring your own lunch or choose something tasty from our menu (toasties, soup and pies). Come along, eat together and enjoy some social time! 12:00-12:45pm Last food orders at 12:30pm			
Freestyle 1pm-3pm, £5 A social group where we explore new creative projects, and experiment with art	Unique Beats: Spotlight 1pm-3pm, £5 A performance art group where we explore drama, scripts, characters, filmmaking and creative confidence	Scribbles 1pm-3pm, £5 A social and therapeutic arts and crafts group where different senses are stimulated and explored	Scribbles 1pm-3pm, £5 A social arts and crafts group where different senses are stimulated and explored
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	Doodles 1pm-3pm, £5 A social and creative based art group, where we learn to design and create different art	Shine Time 1pm-3pm, £5 An expressive group exploring music, movement, singing, drama games, and confidence building	Comic Club 1pm-3pm, £5 Learn about character creation, stories, drawing and design
Mix it Upp Cooking 1pm-3pm, £5 Try new recipes and build confidence in the kitchen in a supportive, hands-on environment	Mix it Upp Cooking 1pm-3pm, £5 Try new recipes and build confidence in the kitchen in a supportive, hands-on environment	Mix it Upp Cooking 1pm-3pm, £5 Try new recipes and build confidence in the kitchen in a supportive, hands-on environment	

