

	Name		Time	Facilitator	Session Type
Monday	Social Drop-In – Board games available		10.30am – 12pm	Service User led	Weekly Drop-in
	Confidence and Self-Esteem		12pm – 1pm	Anne	Sign up – 6 weeks
	Walking for Wellness		1pm – 2.30pm	Anne	Weekly Drop-in
	Healthy Eating		3pm – 4pm	Anne	Weekly Drop-in
Tuesday	Referral Drop-in		9am – 11am	An opportunity to find out more about the service and complete a referral form.	
	Creative Writing		12.30pm-1.30pm	Service User Led	Weekly Drop-in
	Managing Anxiety		2.30pm – 3.30pm	Alice	Sign up –6 weeks
Wednesday	Preparation for Employment		10am – 12pm	Karen	Sign up – 7 weeks
	Tai Chi		11am – 12pm	David	Weekly Drop-in
	*Workshops*		See Workshop timetable below for more information		
Thursday	Bake and Chat		10.30am – 12.30pm	Service User Led	Weekly Drop-in
	Mindfulness		11am – 12pm	Bianca	Sign up – 6 weeks
	Cooking Skills		2.30pm – 4pm	Bianca	Sign up – 4 weeks
Friday	Art Drop-in		10am – 11.30am	Service User Led	Weekly Drop-in
	Social Drop-In - Film Club		2 - 4pm	Service User Led	Weekly Drop-in

Mental Health Self-care
 Life Skills
 Meaningful Activities
 Physical Health
 Employment and Training
 Social Groups

### \*Wednesday Workshops 1pm – 2.30pm\*

Wednesday 4 <sup>th</sup> September	Thinking About Employment? Practical Tips and Considerations
Wednesday 11 <sup>th</sup> September	Storytelling Through Song – <i>Birmingham Opera Company</i>
Wednesday 18 <sup>th</sup> September	Relaxation Tips
Wednesday 25 <sup>th</sup> September	Managing My Money
Wednesday 2 <sup>nd</sup> October	Create Your Own Self Care Box
Wednesday 9 <sup>th</sup> October	Get Into Volunteering
Wednesday 16 <sup>th</sup> October	Guest Speaker – <i>SmartWorks</i> Coaching for Job Success
Wednesday 23 <sup>rd</sup> October	Managing Stress and Wellbeing



# NOURISH CAFÉ

## FOOD

**Toast brown or white .....50p**

**Beans on Toast.....£1**

**Cheese on Toast .....£1**

**Egg on Toast poached, fried or  
scrambled .....£1**

### All Day Brunch

**Choose any of the following items:**

Egg, toast, baked beans, mushrooms or  
tomatoes ..... **50p per item**

**Tuna Mayo Sandwich .....£1**

**Cheese Sandwich.....£1**

**Tuna Melt Panini .....£1.20**

**Cheese & Onion Panini.....£1.20**

**Roasted Veg, Cheese & Pesto Panini  
.....£1.20**

**Soup of the Day .....£1**

Add bread & butter .....**25p**

**Jacket Potato with butter & salad...£1**

### Jacket Potato with a cold filling:

Tuna Mayo or Cheese.....**£1.50**

### Jacket Potato with a hot filling:

Roasted Veg & Pesto, Cheese & Beans  
or Vege Chilli.....**£2**

**Daily Special ..... see specials  
board for price**

## OPENING TIMES

Monday - Friday

11am- 2pm

*Closed Thursdays*

## CAKES

**Cake of the Day.....see prices at  
the counter**

## SMOOTHIES

**Mango & Banana Smoothie.....£2**

**Very Berry Smoothie .....£2**

## DRINKS

**Espresso.....£1**

**Americano.....£1**

**Cappuccino.....£1**

**Latte.....£1**

**Mocha.....£1**

**Instant Coffee & Tea.....40p**

**Herbal Tea peppermint, lemon &  
ginger, red berry or chamomile.....50p**

**Hot Chocolate .....70p**

**Add marshmallows .....5p**

**Apple or Orange Juice .....40p**

**Gluten Free** bread (+10p) and **Soya** (+20p) milk options  
available

Please ask for **allergy information** at the counter