

CORBY ACTIVITY PROGRAMME FOR 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10:00am – 12:00pm <i>Allotment</i></p> <p>Class A Drugs or Alcohol</p> <p>2:00pm - 4:30pm <i>Acupuncture and Meditation</i></p> <p>Class A Drugs or Alcohol</p>	<p>9:30am <i>Jogging</i></p> <p>10:30am – 12:00pm <i>Gym</i></p> <p>Class A Drugs or Alcohol</p> <p>1:00pm – 3:30pm <i>Bridge Drop In</i></p> <p>Class A Drugs or Alcohol</p>	<p>10:30am – 12:00pm <i>Gym</i></p> <p>Class A Drugs or Alcohol</p> <p>12:30pm – 2:30pm <i>Allotment</i></p> <p>Class A Drugs or Alcohol</p>	<p>9:30am <i>Jogging</i></p> <p><i>Transport usually available to Northampton for Boxing/Fitness Session</i></p> <p>1:00pm – 5:00pm</p> <p>Class A Drugs or Alcohol</p>	<p><i>Transport usually available to Northampton for Changing Goals Football Project. *</i></p> <p>10:30a.m – 1:30pm</p> <p>Open to people with any drugs, alcohol, mental health or homelessness problems.</p>

* don't worry about kit as we can supply football boots, shin pads, football shirts, shorts and socks.

“You are more than welcome to come along to the activities – we look forward to seeing you there”!

For more information contact Paddy on 07988649995

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UPDATES AVAILABLE ON www.myspace.com –“Bridge Programme”