

THE PANTRY AND LIVING ROOM

Take what you need. Give what you can.

MONTHLY WHAT'S ON

We are shut on Good Friday and Easter Monday.

FOOD

MONDAY, WEDNESDAY, FRIDAY

Poole Pantry 11.45am-1.15pm (A community pantry helping anyone on a low income to eat a balanced and nutritious diet. Members can shop at a fraction of the retail price). We are closed on 25th, 27th Dec and 1st January, we re open on Wednesday 3rd January.

Community Fridge 11.45am-1.15pm (Overflow or short date stock. Free to anyone. Donations appreciated)

Community Meal 12.15pm- 1.30pm (a two-course home-cooked community meal available for a suggested donation of £4-£7+, up to 3 children free under 12 years old). **No lunches served on Monday 18th and Wednesday 20th March, but toasts, cakes and hot drinks will be offered during the day.**

Community Cookery Club 9am- 12pm (Free classes for those who want to learn about food preparation and cooking from a trained tutor and chef to help prepare a meal to feed our community).

Poole Bank satellite 11.45am-1.15pm (E-vouchers and emergency food parcels can be issued to those who meet the criteria and are struggling).

ADVICE/ INFORMATION

CAB advice bus Wednesday (1-4) and Friday (10-3.30) ; **only on Fridays in March.**
Chaplaincy advice & support Monday, Wednesday, Friday (12pm-2pm)

CHILDREN and FAMILIES

Sunday Service every Sunday at 10.30am, All welcome

Busy Bees Thursdays 10am - 11.30am, by donation £1.50 (Term time only)

Explorers Children's church - service starts at 10.30am; Parents/ Carers must remain in church service; primary school children)

Messy Church 4th Monday of the month from 4pm to 6pm, by donation £2

ReGENERATE Inter-Generational Group with a meal and activities from 4pm-6pm, on 1st and 3rd Monday of the month; per suggested donation of £2 per family

Poole Community Exchange (based in Parkstone United Reformed Church) Commercial Road, Poole, BH14 0JW



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ACTIVITIES -activities in blue are by a suggested donations of £3+

Let us know if you would like to attend any of activities and we will book them for you.

- Living Room** **Monday, Wednesday, and Friday 10.30am- 2pm** (Hot drinks and cakes for a suggested donation of £1. Visitors can chat, join in with activities, bring a book to read or exchange/swap books / CD's. There is also outdoor clothing available.
- Morning Prayer** **Monday and Friday 11.30am**
- Karate** **Monday 5.45pm - 8.15pm;** more info by request (adults and children).
- Knit & Natter** **Monday 1pm-2pm** (We have wool, knitting needles, crochet hooks and patterns available, for all levels).
- Chair Yoga** **Tuesday 9.45am - 11am;** more info by request.
- Bereavement Group** **Monday 2pm- 4pm;** more info by request.
- Contemplative Prayer** **Wednesday 11.15am - 11.50am**
- Wellness Journey** **Wednesday 1pm- 1.45pm;** date to be confirmed
(Series of sessions exploring holistic wellness: body, mind and spirit, course can be joined at any point); Rev. Whately will be around on Wednesdays around lunch time if you need a conversation.
- Pottery** Please let us know if you are interested, particularly if can you volunteer skills and experience.
- Community Cookery School- Tuesday am from April** more info by request.
- Creative Writing** **Friday 2pm- 4pm**
- Tai Chi** **Friday 15th March, then 12th April at 10.45am- 11.45am (per a suggested donation of £3- £5+)**
- Story- Telling** **Wednesday 1.45pm- 2.30pm**
- Art& Craft Group** **Monday and Friday 10.30 - 12pm;** more info by request
- Gardening Group** more info by request
- Hilfield Retreat Day** **Thursday 11th April and Tuesday 21st May- monthly trip to Hilfield Friary** (The Friary, Hilfield, Dorchester, Dorset, DT2 7BE, 8am-6.30pm, donation £5-£10 plus donation for transport; more info by request)

ONE OFF EVENT 20th March 12.30-1.30pm- **Community Contact Point**- chance for residents to pop in and discuss issues the are having in the local community; crime prevention advice available.

3rd May 9am- 5pm- Health Check Event, booking essential

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