

THE PANTRY AND LIVING ROOM

Take what you need. Give what you can.

MONTHLY WHAT'S ON

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). The last community lunch before Christmas is on Wednesday 20th Dec; on Friday 22nd a refreshment table will be available. Lunches recommence on Wednesday 3rd January.

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), last session on 15/12, re starts on 10/01
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-Gnerational Group with a meal and activities from 4pm-6pm, on 1st and 3rd Monday of the month

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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 back in January;** more info by request.
- Contemplative Prayer** **Wednesday 11.15am - 11.50**
- Wellness Journey** **Wednesday 1pm- 1.45pm recommences in January**
(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** The start of this is delayed indefinitely. Please let us know if you are interested, particularly if can you volunteer skills and experience.
- Community Cookery School- Tuesday am from January/ Feb** more info by request.
- Creative Writing** **Friday 2pm- 4pm**
- Tai Chi** **Friday 5th January 10.45am- 11.45am**
- Story- Telling** **Wednesday 1.45pm- 2.30pm**
- Art& Craft Group** **Monday 10.30 - 12pm, new Friday Art Group starts in January;** more info by request
- Gardening Group** more info by request
- TEFL** **English for Ukrainian community**
- Hilfield Retreat Day** **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:**
- Energy talks** on how to save on energy- **Wed 10th** (staff/ volunteers- 10.45-11.45am, members- 12.45-1.15pm, followed by one-to-one session if required)
Fr 19th Jan 1.30pm- 2.30pm in the Sanctuary; booking essential