

Friday

Just Ask

Do you need help with filling in forms or applications such as:

Child Benefit
Child Tax Credit
Housing Benefit & Council Tax Benefit
Disability Allowance
Income Support

Or help with community matters such as:

Finding a school for your children
GP Surgery Registration
Getting a Library Card

Or other issues such as

Social care
Reporting issues to the Police

These, along with other issues and topics can be discussed with you in our Just Ask sessions. If we can't help, then we will endeavour to find out who else might be able to.

Fridays, 10-12pm

For Further details on any of our activities please contact us:

In person (screens display our current activities and details):

**What's Happening on North Street,
North Street,
Crewe, CW1 4NJ
(opposite the Horseshoe Pub)**

By Phone:

01270-749050

Via our Facebook page:

Facebook.com/whathappeningonnorthstreet



What's Happening
On North Street?



OUR ACTIVITIES

At What's Happening On North Street we aspire to provide exciting and community driven events and activities for everyone to enjoy.

**Have a look inside to
find out more!**



What's Happening
On North Street?

Tuesday

Core Fit Seniors

Core Fit Seniors is for people aged 50 and over and is both fun and good physiotherapy with exercises focusing on strength, flexibility and joint movement.

Tuesdays, 10-11.15am,
Cost: Suggested Donation of £4

Shine For Life Workshops

Shine for Life Workshops are for Mums and are on various themes.

Managing Depression
Introduction to Mindfulness
Managing Sleep
Self Soothing

Contact the centre for further information

PCSO Beat Meetings

Where you can meet your local Police Community Support Officer and raise any issues.

Tuesdays (every 5 weeks), 2-3:30pm

Wednesday

Tai Chi for Health

Tai Chi for Health offers a gentle and relaxing form of exercise which offers benefits to well-being as well as improving mobility, balance and strength. It is a non-combative, non-competitive form of Tai Chi.

Every Wednesday, 10:30 till 11:30am
Price: £4 per session

Parent Support Workshops

Guidance and practical strategies for parents/guardians of children with Special Educational Needs

Last Wednesday of the month,
1-2.30pm and repeated 6.30-8pm
Cost: £1 towards refreshments
To book please call Lisa Digby:
07879 394390

Or email: lisa@creativeactionteam.com

Thursday

Film Nights

1st Thursday of every month.
7pm doors open, 7.30pm film.
£4 for Hot Drink and Cake with free admission.

COMING SOON:

Lars and the Real Girl
Rogue One: A Star Wars Story
La La Land
Midnight Special

