

Free support for residents of Barrowcliff

Mondays	Monday Club Various activities with limited space 10am – 12noon	SPARKS shop appointments for: Crisis, Coaching, Careers 1pm -4pm
Tuesdays	SPARKS shop appointments for: Crisis, Coaching, Careers 10am – 12noon	SPARKS shop appointments for: Crisis, Coaching, Careers 1pm – 4pm
Wednesdays	Wreyfield Drive Methodist Craft Club – Connecting People Pre-booked Counselling Sessions 10am – 12noon	SPARKS shop appointments for: Crisis, Coaching, Careers 1pm – 4pm
Thursdays	SPARKS shop appointments for: Crisis, Coaching, Careers 10am – 12 noon	SPARKS shop appointments for: Crisis, Coaching, Careers 1pm – 4pm
Frídays	Beach Chalet Walking/Beach Therapy Connecting People 10.00am – 12noon	SPARKS shop appointments for: Crisis, Coaching, Careers 1pm – 4pm

Visit our website www.sparksproject.co.uk

Follow the SPARKS project on Facebook for updates

Telephone Michelle 07701356900 or Glenda 07701356909