

Activity Details

Description	When	Where	Comments
Monday GCFO Guided Walk	9.30am – approx. 11am (or 9am at Trinity Centre for those wanting a lift)	TBA (different venue each week)	We hold regular blocks of 6 x guided walks across the year. Please contact us for exact dates.
Monday 1:1 Sessions	10.am to Midday	The Caves	Check with Activities Manager
Monday Workshop Session	1.30pm to 3.30pm	The Caves	Open to all ex-offenders
Tuesday Drop-in Session	1.30pm to 3.30pm	The Caves	Coffee, Chat & Games. Open to all ex-offenders.
Wednesday Workshop Session	10.00am to Midday	The Caves	Open to all ex-offenders. May include lunch prep!
Wednesday GCFO Light Lunch	12.30pm to 1.30pm	The Caves	Free of charge, simple lunch open to all ex-offenders
Wednesday Workshop Session	1.30pm to 3.30pm	The Caves	Open to all ex-offenders
Thursday 1:1 Sessions	10.00am to Midday	The Caves	Check with Activities Manager
Thursday GCFO Light Lunch	12.30pm to 1.30pm	The Caves	Check with Activities Manager
Thursday Workshop Session	1.30pm to 3.30pm	The Caves	Open to all ex-offenders
Thursday Church	7pm to 8.45pm	The Caves	All welcome - for those ex-offenders wanting to explore the Christian faith in a relaxed atmosphere

Mary Herve – 07781 124052

Andrew Kewell – 07781 401082

Michelle Stringer – 07839 268061