



## PAMH Day Services Group Programme Oct 2011 to February 2012

Day	Group	Time	Start	Finish	Further info
<b>Monday</b>	Computing	10.00 – 12.00	Weekly	Weekly	This group is based at the AK Bell library.
	Connect	10.30 – 12.30	Oct 31st	Feb 27th	A pre-vocational course in association with Perth College UHI.
	Social	2pm – 4pm	Weekly	Weekly	A chance to start the week in the company of others.
<b>Tuesday</b>	Connect	10.30 – 12.30	Nov 1st	Feb 28th	A pre-vocational course in association with Perth College UHI.
	Social Planning Group	11 – 12.30	Weekly	Weekly	An opportunity to meet with others out with PAMH to discuss and plan for a variety of leisure activities.
	History Group	2pm – 4pm	Weekly	Weekly	A participant led group exploring local social history.
<b>Wed</b>	Social	10.30am - 12.30	Weekly	Weekly	This group is usually quieter than our Monday or Friday social groups.
	Living Life to The Full	2 – 3.30 pm	Oct 12th	Feb 8th	A life skills course to help people live their life to the full.
<b>Thursday</b>	Woolcraft	11 - 12	Jan 12 th	Feb 16th	Get creative with wool.
	Relaxation	2pm - 3.30pm	Weekly	Weekly	Share in learning some relaxation techniques.
<b>Friday</b>	Cooking	11 – 12.30	Jan 13th	Feb 17th	A chance to develop healthy eating skills.
	Social	2pm to 4pm	Weekly	Weekly	An opportunity to plan for the weekend.