

# “Needs and Aspirations Project”

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**Dear Carers**

**We are pleased to offer you the following activities and opportunities: -**

**Available - January 2024 to April 2024.**

**(You may select 4 options from the list below.)**

## ACTIVITIES JANUARY 2024 TO APRIL 2024

**Bookings for these events will open on Monday 18<sup>th</sup> December 2024**

<p><b>Online Zoom Exercise Class</b> A mix of seated yoga and seated exercise to music</p>	<p>Every Wednesday 10.30am – 11.30am Starting Wednesday 10<sup>th</sup> January 2024</p>
<p><b>New Year Catch up with Tea and Cake</b> A chance to bring new ideas to the project and give us your feedback</p>	<p>Tuesday 9<sup>th</sup> January 2024 11am Rushden</p>
<p><b>Breakfast at Jeyes</b> A choice of a meat or vegetarian fry up</p>	<p>Friday 12<sup>th</sup> January 2024 10am Earls Barton</p>
<p><b>Tea, cake and catch up.</b> A chance to bring new ideas to the project and give us your feedback</p>	<p>Monday 15<sup>th</sup> January 2024 10am Corby</p>
<p><b>Lunch at the Pig and Waffle</b> Enjoy a lunch off the menu while you chat with like minded carers</p>	<p>Wednesday 17<sup>th</sup> January 2024 12pm Kettering</p>
<p><b>Springfields Shopping on the minibus</b> <b>£5 donation</b> Minibus pickups from locations across Northamptonshire</p>	<p>Thursday 25th January 2024 Pick up time TBC</p>
<p><b>Pottery Painting</b> Choose your design to paint. (Serve will pay for pottery up to £15)</p>	<p>Friday 26<sup>th</sup> January 2024 7pm until 9pm Towcester</p>
<p><b>Tea and cake at Belle’s Brooke Café</b> A chance to bring new ideas to the project and give us your feedback</p>	<p>Monday 29th January 2024 11am Raunds</p>
<p><b>Hearts and Mind</b> Let nature provide some restoration, as we take a soothing walk during this month of love. Enjoy</p>	<p>Friday 2<sup>nd</sup> February 2024 10.30am until 12.30pm Sywell Country Park</p>

**Please turn over.**

making your own hanging heart too, using foraged natural materials, as a gift of compassion	
Ely Market on the Minibus £5 donation	Thursday 8 <sup>th</sup> February 2024 Pick up times TBC
Pan Cake decorating and quiz. Decorate a pancake for the chance to win a prize. Eat different pancakes take part in a quiz	Friday 9 <sup>th</sup> February 2024 10am until 12pm Towcester
Valentines Craft Workshop Create a valentine's decoration with Lucy.	Tuesday 13 <sup>th</sup> February 2024 11am until 12.30pm Wellingborough
Paint a Simple Birthday Card	Tuesday 20 <sup>th</sup> February 2024 2pm until 4pm Higham Ferrers
Lunch at the Raven Enjoy a lunch off the menu while you chat with like minded carers	Wednesday 23 <sup>rd</sup> February 2024 12pm Corby
Dinner at the Ember £5 donation	Tuesday 27 <sup>th</sup> February 2024 6.30pm Wellingborough
Pickleball A cross between badminton, indoor tennis, and table tennis.	Wednesday 28 <sup>th</sup> February 2024 11am until 12pm Rushden
Hot Cross Bun Tasting Guess the flavour of the hot cross bun for a chance to win a prize	Tuesday 5 <sup>th</sup> March 2024 10.30am until 12pm Wellingborough
Cheese board at the New Inn Enjoy a cheese board and a chat	Friday 8 <sup>th</sup> March 2024 1pm Wymington
Heavenly Deserts A delicious desert of your choice	Thursday 14 <sup>th</sup> March 2024 2pm Northampton
Cream Tea Enjoy a cream tea	Tuesday 19 <sup>th</sup> March 2024 11am Cogenhoe
Earth Pathways Discover some inspiring ways to connect with the natural world as we stroll around the beautiful pathways in our parks. We will be exploring the wonderful world of 'Land art' too and having a go at making our own charcoal pencils.	Wednesday 20 <sup>th</sup> March 2024 10.30am until 12.30pm Irchester Country Park
Paint an Easter Card Paint an easter card with Chris	Friday 22 <sup>nd</sup> March 2024 10am until 12pm Higham Ferrers
Easter Craft Workshop Create an easter decoration with Lucy	Monday 25 <sup>th</sup> March 2024 11am until 12.30pm Kettering

<p><b>Lunch at the Courtyard Café</b> Enjoy a lunch off the menu while you chat with like-minded carers</p>	<p>Tuesday 26<sup>th</sup> March 2024 12pm Duston</p>
<p><b>Easter Party</b> Let's have a party to celebrate easter. Mini easter egg hunt, quizzes, eating easter eggs with a buffet lunch. <b>(This is an extra event and does not need to be included in your 4 choices)</b></p>	<p>Friday 29<sup>th</sup> March 2024 12pm until 2.30pm Wellingborough</p>
<p><b>Bingo Evening with Raffle</b> A couple of games of bingo with prizes to be won and a raffle</p>	<p>Tuesday 9<sup>th</sup> April 2024 6pm until 8pm Higham Ferrers</p>
<p><b>Chocolate tasting session</b> Do you know your branded from your unbranded chocolate? Come and join this event to quizzes. Chocolate and fun</p>	<p>Friday 12<sup>th</sup> April 2024 10am Daventry</p>
<p><b>Spring Walk with Chris with Tea and cake</b> A lovely walk around the Delapre Abbey Gardens enjoying the spring flowers with Chris</p>	<p>Monday 15<sup>th</sup> April 2024 10.30am Delapre Abbey Gardens</p>
<p><b>Market Harborough on the minibus</b> £5 donation Minibus pickups from locations across Northamptonshire</p>	<p>Thursday 18<sup>th</sup> April 2024 Pick up times TBC</p>
<p><b>Mindful Moments</b> Come and enjoy a quiet, reflective walk followed by a creative pebble inspired workshop session</p>	<p>Monday 22<sup>nd</sup> April 2024 10.30am until 12.30pm Fermyn Woods County Park</p>
<p><b>Short Tennis</b> Enjoy a game of short tennis.</p>	<p>Wednesday 24<sup>th</sup> April 2024 10.30am Rushden</p>
<p><b>Galone's Ice Cream Parlour</b> Have a go at making ice cream as a team followed by choosing your favourite</p>	<p>Monday 29<sup>th</sup> April 2024 Time TBC Northampton</p>
<p><b>Carers and Cared for Midweek Carvery</b></p>	<p>Wednesday 10<sup>th</sup> April 2024 12pm Northampton</p>