

Activities at Zink HQ (All free unless indicated, you need to book ahead if marked*) From 4th November

Monday	10.30am–12 noon	Art & Craft Company	Challenge your inner creativity, share ideas, learn new skills. £3.
	10am–12 noon	Baking Club*	Small and friendly group sharing recipes and know-how.
	11am – 12 noon	Piano Club	Learn to play at your own pace in a small group with coach. Beginners welcome.
	1-2pm	English (ESOL)	ESOL/TEFL teachers cover some of the basics of speaking and writing English
	6-9pm	Sober Socials	Night out: board games, quizzes, friendship and fun.
Tuesday	10.00am from Zink HQ 10.30am Leisure Centre	Walking Group	A short, slow and friendly walk over even ground. Ends at Zink HQ for coffee, cake, breakfast or lunch are available.
	12.30 – 2pm	Vinyl Revival	LPs are back! Classic albums from start to finish. Listen over breakfast or a brew.
	2.30-4pm	Knit Happens	Coffee, cake, friendship, chatand knitting! Beginners welcome.
	1-3pm	Let's Game	Nostalgic video gaming with our friendly group.
	After school until 5pm	Family Feast & Fun*	Games, toys and two course dinner: £2 (half price if you're on UC). Families only.
	5.30-7pm (first Tuesday)	EBSA Parent Support	Support group for parents of children who struggle to attend school.
Wednesday	10am – 12 noon	Board Games	Games to make you think: Chess, Scrabble, dominoes etc. over breakfast or a brew.
	11am – 1pm from late Nov	Speak Easy	Drop in for a frank and anonymous chat with Police, mental health workers, HPBC, drug/alcohol workers etc.
	1-3pm	Group Games	Quizzes, Bingo, Play Your Cards Right: lively session with a fun crowd!
	7-8.30pm	Narcotics Anonymous	Turn up, share experiences with others to get and stay clean: Turrum 07368 689 593
Thursday	10.30am – 12.30 pm	Discover Digital	Learn to use a computer or access the internet, send emails, stay safe etc.
	12.30 – 2pm	CV and Jobsearch	Use our laptops to write a CV or look for jobs with support available if you need it.
	2-4pm	Cinema Club	A slice of Hollywood with your afternoon coffee and cake!
Friday	10.00am – 12 noon	Movie Morning	Classics and new releases to watch with breakfast or before your Zink lunch.
	1-3pm	School of Rock*	Release your inner rock god! Friendly class taught by an experienced tutor. £3.
	6-11pm	Crisis Support Drop In	Friendly, supportive, non-clinical drop in for adults experiencing or nearing mental health crisis or emotional distress. Here to listen and support. In partnership with Derbyshire Mind.
Saturday	6-11pm	Crisis Support Drop In	
Sunday	2.30-5.30pm	Crisis Support Drop In	