

Allerdale/Copeland Planner

Please note this planner is up to date from **19th November 2018** and may not be the most up to date information.

If you are interested in attending any of these programmes or would like to know when the next one is running in your area please call [01900 705081](tel:01900705081)

Spring term

Programme	Introduction session	Dates/Day	Start time	Location
What Now 8 week programme	18/12/2018	TUESDAYS 08/01, 15/01, 22/01, 29/01, 05/02, 12/02, 26/02, 05/03	12:30 - 2:30 PM	Workington Community Hospital
Early Bird 12 week programme	13/12/2018 Workington Hospital 1:30 – 2:30 PM	TUESDAYS 08/01, 15/01, 22/01, 05/02, 12/02, 26/02, 05/03, 19/03 Video week commence – 29/01, 18/02, 11/03	09:30 – 11:30 AM	Howgill Children’s Centre, Cleator Moor
Early Bird 12 week programme	13/12/2018 Workington Hospital 1:30 – 2:30 PM	WEDNESDAYS 09/01, 16/01, 23/01, 06/02, 13/02, 27/02, 06/03, 20/03 Video week commence – 28/01, 18/02, 11/03	09:30 – 11:30 AM	Workington Community Hospital
Sensory workshop 2 Session’s	Session 1 – THURSDAY 17/01/19	Session 2- THURSDAY 07/02/19	10:00 – 12:00 PM	Mayfield School, Whitehaven
Sleep Workshop 2 sessions	Session 1 – FRIDAY 11/01/19	Session 2 - FRIDAY 01/02/19	10:00 – 12:00 PM	Workington Hospital

The planner will be updated January 2019