



**Sat/
Sun**

**Carer Coffee
mornings
10.30am -11.30am**



Bingo and Quiz
10.30am-12pm



Magic Pen
11am-12pm



**Late
Morning/
Early
Afternoon**

**Sv Coffee
morning 11am-
12pm**



Move and Chat 11am-12pm



Sv Coffee
morning 11am-
12pm



Sv Coffee
morning 11am-
12pm



**Performing arts
leader programme
5.45pm-6.45pm**



Evening

Yoga4all
7pm-8pm



SV Social Night
7pm-8pm



**All Ability
Singing Group
7-8pm**



How to get involved

For Sv Coffee mornings/Magic Pen contact:
kathryn.littlewood@disabilitysheffield.org.uk

For SV Coffee Mornings/Sv Social Night contact:
kelly.scargill@disabilitysheffield.org.uk

For Yoga4all/Move and Chat contact:
info@sheffieldcycling4all.org

For carer coffee mornings/Bingo+quiz/
All Ability singing group (starts 28th January)/
Performing arts leader program (starts 20th January)

Contact:

COPE@sheffieldmencap.org.uk

