



Coolhouse Programme May 2012

Cool House, 17 Morgan Avenue,
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01803 299511

info@coolrecovery.org.uk
www.coolrecovery.org.uk

Monday Open to all	Tuesday Open to all	Wednesday Carers' Day	Thursday Courses & Appointments	Friday TORC	Saturdays Young Carers Drop in
<p>ALLOTMENT DAY 10.00 - 12.30.</p> <p>INDIAN HEAD MASSAGE & REFLEXOLOGY 10-4.30pm with Barbara Hall.</p> <p>COOL MUSIC SESSION Singer/musician wanted to lead the session. Call Cool.</p> <p>SMART RECOVERY 7.30-9pm alcohol & drug recovery support.</p>	<p>COOL DADS' TIME 10.30-12.30 with Lorrie Layne 07771806870</p> <p>INDIAN HEAD MASSAGE & REFLEXOLOGY 2-4pm with Barbara Hall.</p> <p>HEARING VOICES 10.- 12pm</p> <p>NEW TRIUMPH OVER PHOBIA drop-in at lunchtime & meet Anne from TOP</p> <p>READ WITH CARE 2-3pm with Maggie. All abilities welcome</p> <p>YOGA 2.30-3.30pm with Gill. Cost £2.</p> <p>COOL YOUNG CARERS 4.30-8pm Call Torbay Young Carers 01803 208657/ 07776495028</p>	<p>ALLOTMENT DAY 10- 12.30</p> <p>CARERS' GROUP 11 -12.30 for families & friends affected by someone else's mental ill-health or substance misuse.</p> <p>MASSAGE & THERAPIES 10-4pm with Gemma Mason.</p> <p>DISABILITY INFORMATION SERVICE 10-5pm with Lynne 01803 546474.</p> <p>CARERS' SURGERY - with John Davidson, <u>By appointment</u></p> <p>NEW DIGITAL PHOTOGRAPHY 2-4pm with Allen. Beginners welcome, equipment available.</p>	<p>GET MOVING 11- 1pm with Ash. Fitness, nutrition, stress-busting boxing, personal training. £2 each session.</p> <p>DEEP TISSUE MASSAGE with Ashleigh. By appointment.</p> <p>COOL ART SESSION 1.30 - 4pm</p> <p>SMART RECOVERY 2 -3.30pm alcohol & drug recovery support.</p> <p>TALK ITALIAN for beginners 3.15-5pm with Nick Maxwell. £2</p>	<p>TORBAY OPEN RECOVERY COMMUNITY (TORC) weekly 12.30-3pm</p> <p><i>'Helping you help yourself'</i></p> <p>Friendly support, advice & signposting for people in recovery from drug, alcohol & other addictions.</p>	<p>YOUNG CARERS SATURDAY DROP-INS 10.30 to 12.30 Fort nightly at Cool House</p> <p>andrew.wright@torbay.gov.uk</p> <p>07776495028 01803 208657</p>

COOL HOUSE NEWS EXTRA ~_CLOSED MONDAY 7th MAY for May Day Bank Holiday.

- **Café open to all 12.45-2pm, Monday–Thursday (usually!). Lunch served from 1-1.30 pm.**
- **NEW – Triumph over Phobia** Drop in Tuesday lunchtimes, **Digital Photography** Wednesdays 2-4pm details above.
- **Computer & Maths Tuition** for members, £2 per session. Contact Richard/office.
- **Massage Treatments** for Cool Recovery members **by appointment.** £15 & concessions. Contact Office.
- **Counselling & Anger Management** call Proficiency Training 07758133371/ therapies@coolrecovery.org.uk
- **Cool Counselling in S Hams & Teignbridge** call Nick Cape 01548821466/ office
- **Deep Tissue Massage** great for relieving aches and pain from new & old injuries or just every day aches & pains. See Ashleigh on Thursdays
- **Wanted** singer/musician to lead the music group. *Thank you Sky for your years of music & singing at the Cool House*
- **22nd May – 'Cacha at Cool House'- Celebrating African culture** 12.30pm-4pm lunch, music, stories & fashion £3.50
- **20th June – COOL CARERS' WEEK FANCY DRESS SPONSORED WALK.**
- **28th May MEMBERS' MEETING** 3- 4.30pm in the Lounge.

'Working with the belief recovery is possible for everyone'
Company Reg. 5490608 Charity Reg. 1110955