



## [Reach Southwell Timetable]

Monday	Tuesday	Wednesday	Thursday	Friday
10-3 Women's Group	10-12 Media Fun	10-12 Singing	10-3 Women's Group	10-12 Food Fun & Fitness
		1-3 Boccia		1-3 Art
		10-1 Cooking 1:1		10.15-1.15 Massage *
		17.30-19.30 Mens Cookery		1.30-4.30 Reflexology *

\* Massage & Reflexology appointments only, please contact the office on 01636 819066

Contact: Beverley Rayner

Address: Reach Southwell, Prebend Passage, Southwell, NG25 0JH

Tel: [01636 819066](tel:01636819066)

E-mail: [beverley.rayner@reachuk.org](mailto:beverley.rayner@reachuk.org)

Registered charity no: 1076318