

Church Centre

Activities for older people are provided by the Church Centre on Tuesdays and Fridays. There are opportunities to meet with friends over a cup of coffee, to participate in the "[Extend](#)" fitness programme and enjoy a low priced [two course lunch](#) afterwards". There is a coach trip in the afternoon which runs four times a year, or some other activity.

There is always someone available to give a sympathetic ear to those in trouble. It will be noted that this differs somewhat from a conventional day centre, i.e. a place providing care for the elderly or handicapped during the day. We are investigating the possibility of providing such care for a small number of people and for a limited duration in order to give their carers an opportunity to do some shopping.

Students with learning difficulties, supported by college staff, work in the Church Centre as part of their training. They help to prepare food, take orders and serve at the table. They also run a [Café](#) on Tuesdays and Thursdays, which serves refreshments, light lunches and a more substantial dish of the day. This has proved to be popular and has quickly established a regular clientele. Volunteers help the students and provide cover during student holidays also.

After lunch, in the Church adjacent to the Centre, a [Concert](#) is held at least twice every month during nine months of the year which are free. This is a varied programme ranging from organ recitals to Guitar including Choral works as well.

