

Talks - Prison officers - Physio - emergency first aid.  
Dog handlers, Drug dogs, Talk about training also  
demonstrations etc.

wellbeing & looking after yourself Talks - Dietitians  
O/Ts - Nutritionists - Physios etc.

Wine making - get Mick Gould to give talk &  
Demonstration on making dessert wines etc.

## Bridgeway activities PM

- 1/ Gardening groups
- 2/ Quiz (Bridgeway what do you know?)
- 3/ Bingo
- 4/ Arts & crafts groups
- 5/ Guest speakers & Talks etc. dog displays
- 6/ Dominoes
- 7/ ~~Group~~ Card games (Chase the Ace!)
- 8/ wine making? (Mick Gould)
- 9/ sing along form a choir?
- 10/ Discussion group Fundraising Brainstorming.
- 11/ Trips out e.g. Ten pin Bowling - Swimming -  
cinema,
- 12/ Woodworking making Toys etc. (me)
- 13/ bring in college students doing hair nails
- 14/ well-being talks - Dietitians - O.Ts - Nutritionists
- 15/ Physio group work
- 16/ Board games
- 17/ competitions, (Board games & games
- 18/ work parties for DIY (painting etc.)