

HALO Project Activities in October 2010

Monday	Tuesday	Wednesday	Thursday	Friday
4th HALO Allotment Project 10.30am - 4pm Go4it! Get Walking 2.30pm	5th HALO Allotment Project 10.30am - 4pm	6th HALO Allotment Project 10.30am - 4pm NEW – Women's drop- in 10am – 12.30pm NEW – Amazing Art 1pm – 4pm Go4it! Get Walking 2.30pm	7th Community Drop-in 12-3pm Men's Football 2-3pm	8th Youth drop-in 4pm–5.30pm
11th HALO Allotment Project 10.30am - 4pm HALO Development Group 2-4pm Go4it! Get Walking 2.30pm	12th HALO Allotment Project 10.30am - 4pm	13th HALO Allotment Project 10.30am - 4pm NEW – Women's drop- in 10am – 12.30pm NEW – Amazing Art 1pm – 4pm Go4it! Get Walking 2.30pm	14th Community Drop-in 12-3pm AND Benefits Advice 12 –1pm Personal Best Course 1pm-5pm Men's Football 2-3pm	15th Personal Best Course 10am – 4.30pm Youth drop-in 4pm–5.30pm
18th HALO Allotment Project 10.30am - 4pm Go4it! Get Walking 2.30pm	19th HALO Allotment Project 10.30am - 4pm	20th HALO Allotment Project 10.30am - 4pm NEW – Women's drop- in 10am – 12.30pm NEW – Amazing Art 1pm – 4pm Go4it! Get Walking 2.30pm	21st Community Drop-in 12-3pm Personal Best Course 1pm-5pm Men's Football 2-3pm	22nd Personal Best Course 10am – 4.30pm Youth drop-in 4pm–5.30pm
25th HALO Allotment Project 10.30am - 4pm Go4it! Get Walking 2.30pm	26th HALO Allotment Project 10.30am - 4pm	27th HALO Allotment Project 10.30am - 4pm NEW – Women's drop- in 10am – 12.30pm NEW – Amazing Art 1pm – 4pm Go4it! Get Walking 2.30pm	28th Community Drop-in 12-3pm AND Benefits Advice 12 –1pm Personal Best Course 1pm-5pm HALO Men's Football Tournament 1pm - 4pm @ Sands Centre	29th Personal Best Course 10am – 4.30pm Youth drop-in 4pm–5.30pm

Activities and where they are held



HALO Allotment Project (Mon – Wed) 10.30am - 4pm @ on corner of Buchanan Rd & Mount Pleasant Road, Currock



Monday - **Go4it! Get Walking** 2.30pm @ Chances Park
Wednesday - **Go4it! Get Walking** 2.30pm @ Hammond's Pond



NEW – Women's drop-in (Wed) 10am – 12.30pm @ Salvation Army, Abbey Street



NEW – Amazing Art (Wed) 1pm – 4pm @ Community Room at Carlisle Fire Station (near civic)



Community Drop-in (Thurs) 12 - 3pm AND **Benefits Advice** (every other Thurs) 12 – 1pm @ Salvation Army, Abbey Street



Men's Football (Thurs) 2pm - 3pm @ Neil Sports Centre
28th Oct only – Football tournament 1pm – 4pm @ Sands Centre



Youth drop-in (Fri) 4pm– 5.30pm @ Carlisle Library Rooms



HALO Development Group (Monday 11th Oct only) 2pm – 4pm at Greystone Community Centre, Close Street



Personal Best Course (2 days per week)
Thursday's 1pm - 5pm @ Lakes College, Workington
Friday's 10am - 4.30pm @ Whitehaven Pottery, Whitehaven

Contact's for more info

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