



One Stop Shop

Location	No 3, or other locations
When	Mon 2-8:30pm, Thursday 2-8pm, Friday 10-3pm Fortnightly Saturdays Tues and Wed appointments only
Cost	Free but pay for own activities 16 or over
Contact	Julie, Jill or Claire 01738 449327

Hi my name is Claire and I attend the One Stop Shop almost every day that it's open. I even take my lunch there sometimes.

Every month they give out a calendar and newsletter with lots to do at No 3 as well as trips to the cinema, eating out and doing sports.

I enjoy cake making, playing pool and jewellery making when I'm there. Sometimes I go just to chat to the staff.

The staff are all very friendly and I can talk about any problems with them and they help me read letters and fill in forms.

If it wasn't for No 3 I would have very little socializing with all my friends that I have met since I joined the One Stop Shop.

