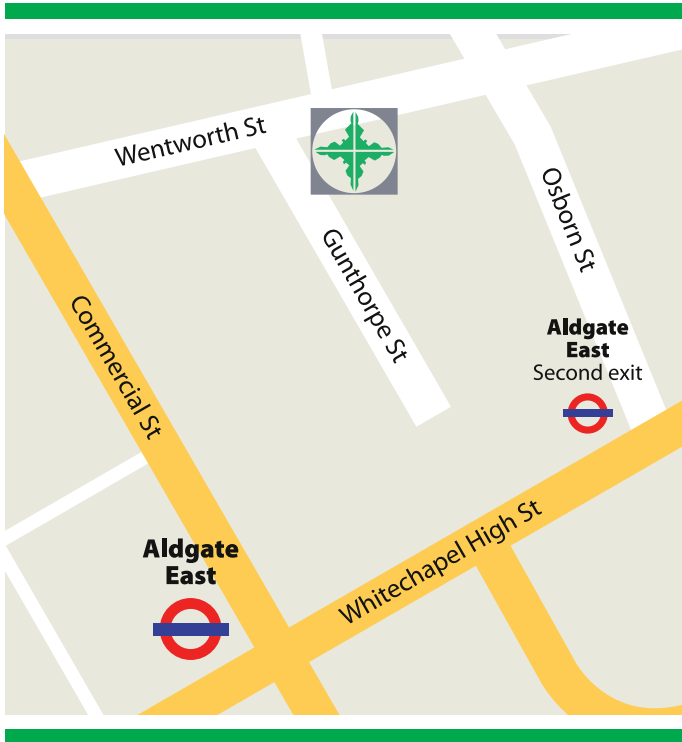


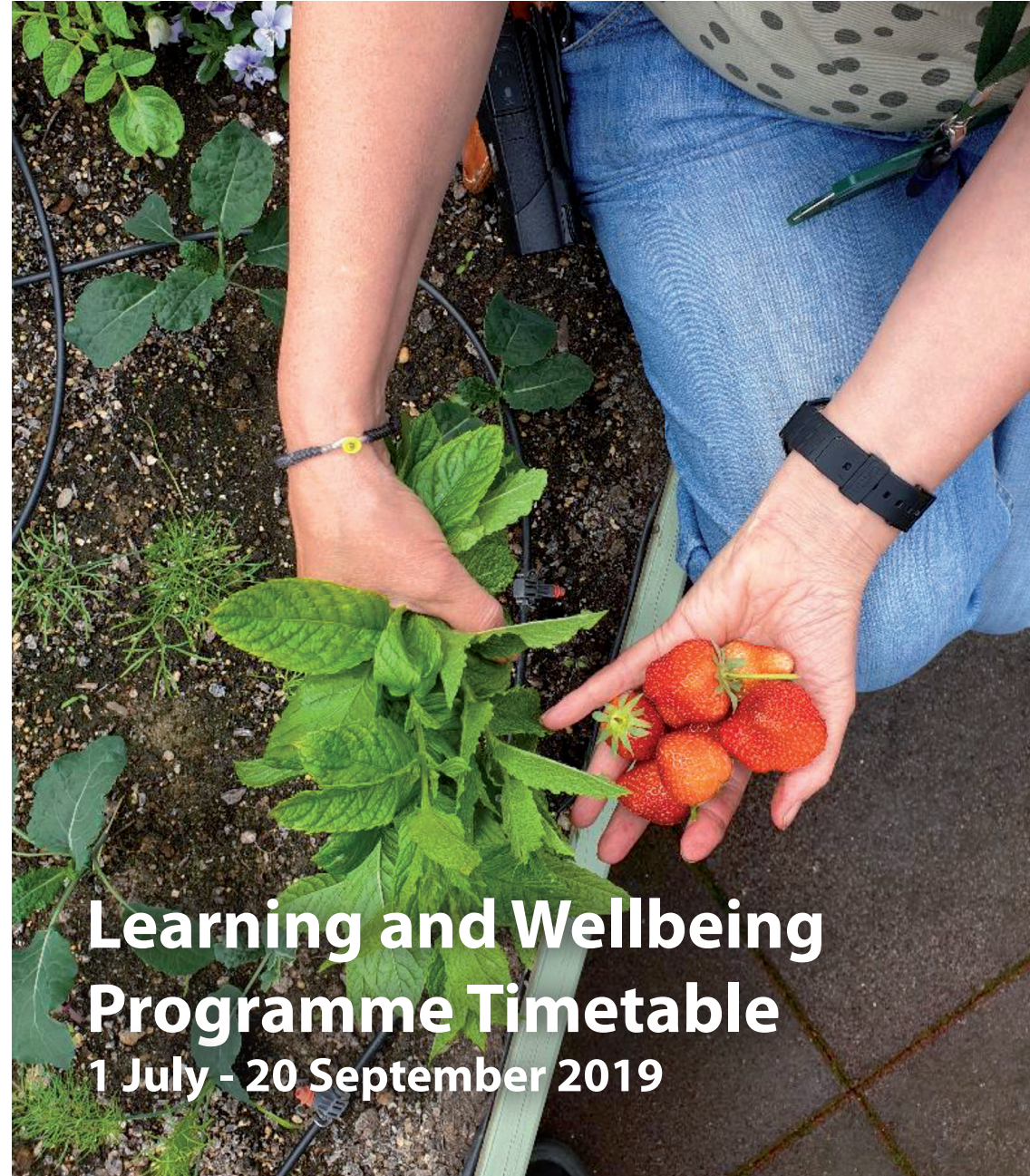
How to find us

Providence Row
The Dellow Centre
82 Wentworth Street
London E1 7SA

020 7375 0020
info@providencerow.org.uk
www.providencerow.org.uk
f /ProvidenceRow
t @Providence_Row



HELPING HOMELESS AND VULNERABLE PEOPLE SINCE 1860



Learning and Wellbeing Programme Timetable 1 July - 20 September 2019



LOTTERY FUNDED

Providence Row is a charitable company limited by guarantee registered in England and Wales. Company no. 07452798 and registered charity no. 1140192. Registered office: The Dellow Centre, 82 Wentworth Street, London E1 7SA

 **PROVIDENCE ROW**
HELPING HOMELESS AND VULNERABLE PEOPLE SINCE 1860

Providence Row, just off Brick Lane, runs regular learning and wellbeing activities for people experiencing, or at risk, of homelessness.



Thought about training?

Providence Row runs accredited catering, baking and gardening trainee schemes right here at the centre.

If you're interested in signing up, speak to a member of staff.

Take a breath...

Life can be stressful at times and it's good to take time to unwind. We run activities that give you time and space to relax. Why not come and see for yourself?

- Gardening *Tuesdays, 10.30am - 12.00pm*
- Relaxation *Wednesdays, 12.00pm - 1.00pm*
- Acupuncture *Thursdays, 10.00am - 11.30am*
- Massage *Fridays, 9.30am - 1.00pm*

Reset Outreach & Referral Service



Reset is a free service offered to residents in Tower Hamlets to help people reduce their alcohol and/or drug dependency.

Get in touch

FREEPHONE 0800 8021860
reset@providencerow.org.uk
or speak to our reception.

Peer Mentoring at Providence Row

Peer Mentors may have had lived experience of homelessness, substance use and recovery and/or mental health issues. They may also have used Providence Row or other support and health services in the past and now they want to use their knowledge and skills to help others. Becoming a Peer gives people the chance to share knowledge and experience, while also developing new skills which helps build confidence and improve employability.

If you're interested in finding out more about becoming a Peer Mentor please ask at reception for a leaflet or chat to our Volunteer & Peer Mentor Coordinator.

One-to-one personalised support

At Providence Row we can support you with issues such as housing, benefits, substance misuse as well as physical and mental health.

We also run a range of training and employment schemes including catering, baking and gardening trainee schemes. Our Working On It course can support you with developing your CV and applying for work.

How to enrol

Our activities are open to people affected by homelessness in Tower Hamlets, City of London, Hackney, Waltham Forest and Newham.

To enrol email **activities@providencerow.org.uk** or come to our drop-in on Monday, Wednesday or Friday from 1.30 - 3.30pm to speak to a member of the team.

Visit our website for more information **providencerow.org.uk/timetable.**



HELPING HOMELESS AND VULNERABLE PEOPLE SINCE 1860

Learning and Training

Activities Programme

Mon 1 July - Fri 20 September 2019

MEET THE TEAM



Neal



Chris



Sarah



Julie



Alex



Asia



Annette



Sabina

		9.00	9.30	10.00	10.30	11.00	11.30	12.00	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00
MON	Activity room 1					11.00 IT & Employment Workshop with Annette										
	Activity room 2			10.00 Men's Group with Alex												
	Art room										1.45 Writing/Magazine Group with Chris					
TUES	Interview rooms		9.30 Homeopathy with Sue													
	Activity room 1		9.45 Interactive Addiction Support with Alex													
	Activity room 2					11.30 English Class Reading and writing skills					2.00 Building Resilience with Groundswell					
	Rooftop/courtyard				10.30 Gardening Group with Julie				Lunch							
WEDS	Interview rooms		9.30 Benefits Advice													
	Interview rooms		10.00 Counselling (by appointment only)													
	Art room		10.00 Art, Crafts & Photography* Women-only			12.00 Relaxation Group										
	Activity room 2					11.30 Working On It with Annette					1.45 Film Club					
THURS	The Chapel		10.00 Acupuncture													
	Art room		10.00 Art* with Chris									2.00 Music Group* with Alex				
FRI	Activity room 1					11.30 IT Workshop (City & Guilds) with Asia										
	Activity room 2			10.00 Recovery Group with Resat			11.30 English Class Speaking and listening									
	Interview room 5		9.30 Massage Therapy													

Activities marked yellow are supported by volunteers from local companies and the community who help by giving 1-2-1 support.

A wellbeing course looking at such topics as healthy eating, sleep and keeping active.

An 8 week series of employability workshops running from 17 July to 4 September. Ask Annette for details.



*There is no step-free access to activities marked with an asterisk.

Our needle exchange is open every day from 9am–12.30pm and 1.30pm–3.30pm in the treatment room

Health	Skills	Wellbeing	Entertainment	Creative arts	Employment support
স্বাস্থ্য Caafimaadka Zdrowie Sānātate	দক্ষতা Xirfadaha Umiejętności Aptitudini	কল্যাণ Ladnaanta Dobre samopoczucie Bunāstare	বিনোদন Madadaalada Rozrywka Divertisment	সৃজনাত্মক কলা Farshaxan Zajęcia kreatywne Arte	চাকুরী সমর্থন Taageerada Zatrudnienie Ocuparea forței de muncă