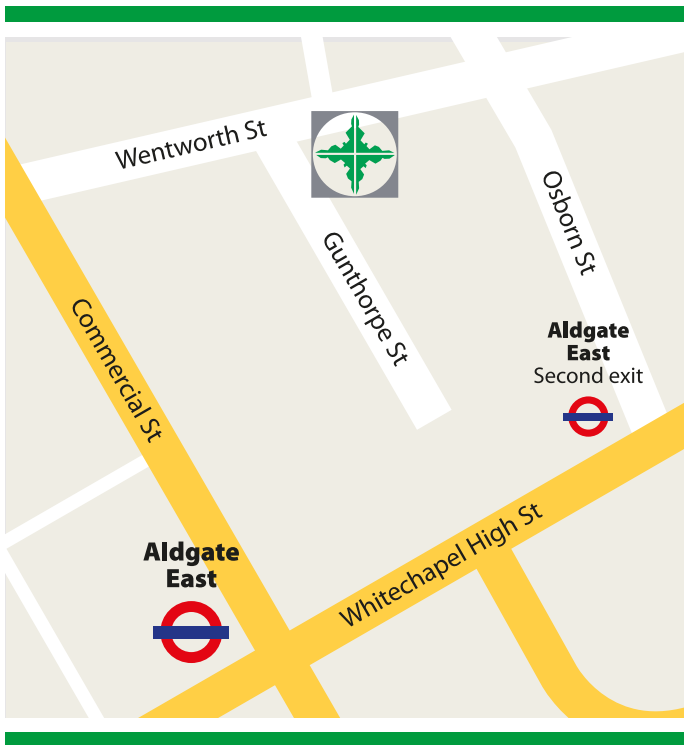


# How to find us

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



**LOTTERY FUNDED**

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

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

**Learning and Wellbeing  
Programme Timetable  
2 January - 22 March 2019**

**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.**

## Get inspired...

We all have a story to tell, but when it comes down to telling it, it can be hard to know when or how to start. That's why we've included a range of groups and activities to spark inspiration and creativity.

- **Writing/magazine Group** *Mondays, 1.45pm - 3.30pm*
- **Gardening Group** *Tuesdays, 10.30am - 12 midday*
- **Women - only Arts, crafts and Photography** *Wednesdays, 10am - 12 midday*
- **Film club** *Wednesdays, 1.30pm - 4pm*
- **Art** *Thursdays, 10am - 1pm*

## 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.**

## Open Mic Nights

Each term we run an Open Mic Night at Providence Row which is open to all those registered with us. These fun events feature performances by our Music Group and musicians and spoken word poets from the local community.

**Keep an eye out for our next Open Mic Night!**  
**And in the interim join us for our regular Music Group on Thursday from 1.45 - 3.30pm in the Art Room.**



## 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.**

# Learning & Wellbeing

Activities Programme

Weds 2 Jan - Fri 22 March 2019



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

## MEET THE TEAM



Neal



Chris



Sarah



Julie



Alex



Asia



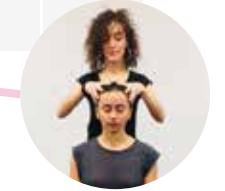
Annette

		MORNING SESSIONS							AFTERNOON SESSIONS							
		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							IT & Employment Workshop with Annette								
	Activity room 2			Men's Group with Alex												
	Art room											Writing/Magazine Group with Chris				
TUES	Interview room										Mental Health Drop-in					
	Interview rooms		Homeopathy with Sue													
	Activity room 1		Interactive Addiction Support with Alex													
WEDS	Activity room 2						English Class Reading and writing skills						Building Resilience with Groundswell			
	Rooftop/courtyard				Gardening Group with Julie				Lunch							
	The Chapel							Relaxation Group								
THURS	Interview rooms		Benefits Advice													
	Interview rooms		Counselling by appointment only													
	Art room		Art, Crafts & Photography* Women-only													
FRI	Activity room 2						Working On It with Annette				Film Club					
	The Chapel			Acupuncture												
	Art Room			Art* with Chris							Music Group with Alex					
FRI	Activity room 1							IT Workshop (City & Guilds) with Asia								
	Activity room 2			Recovery Group with Reset			English Class Speaking and listening									
	Interview room 5			Massage Therapy												

Talk to an approved mental health professional from Tower Hamlets SORT team. Speak to a member of staff to book.

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

An 8 week series of employability workshops running from 16 Jan to 6 Mar. Ask Annette for details.



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

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