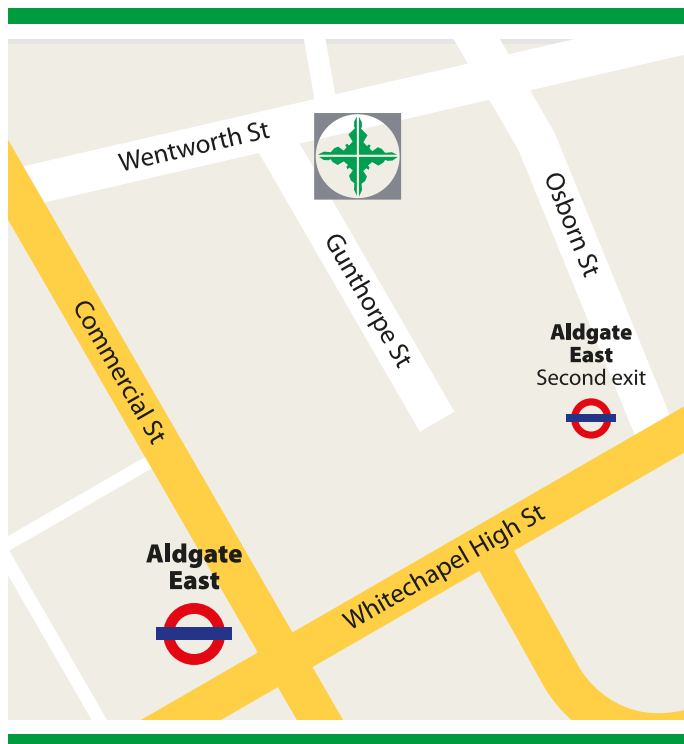


How to find us

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



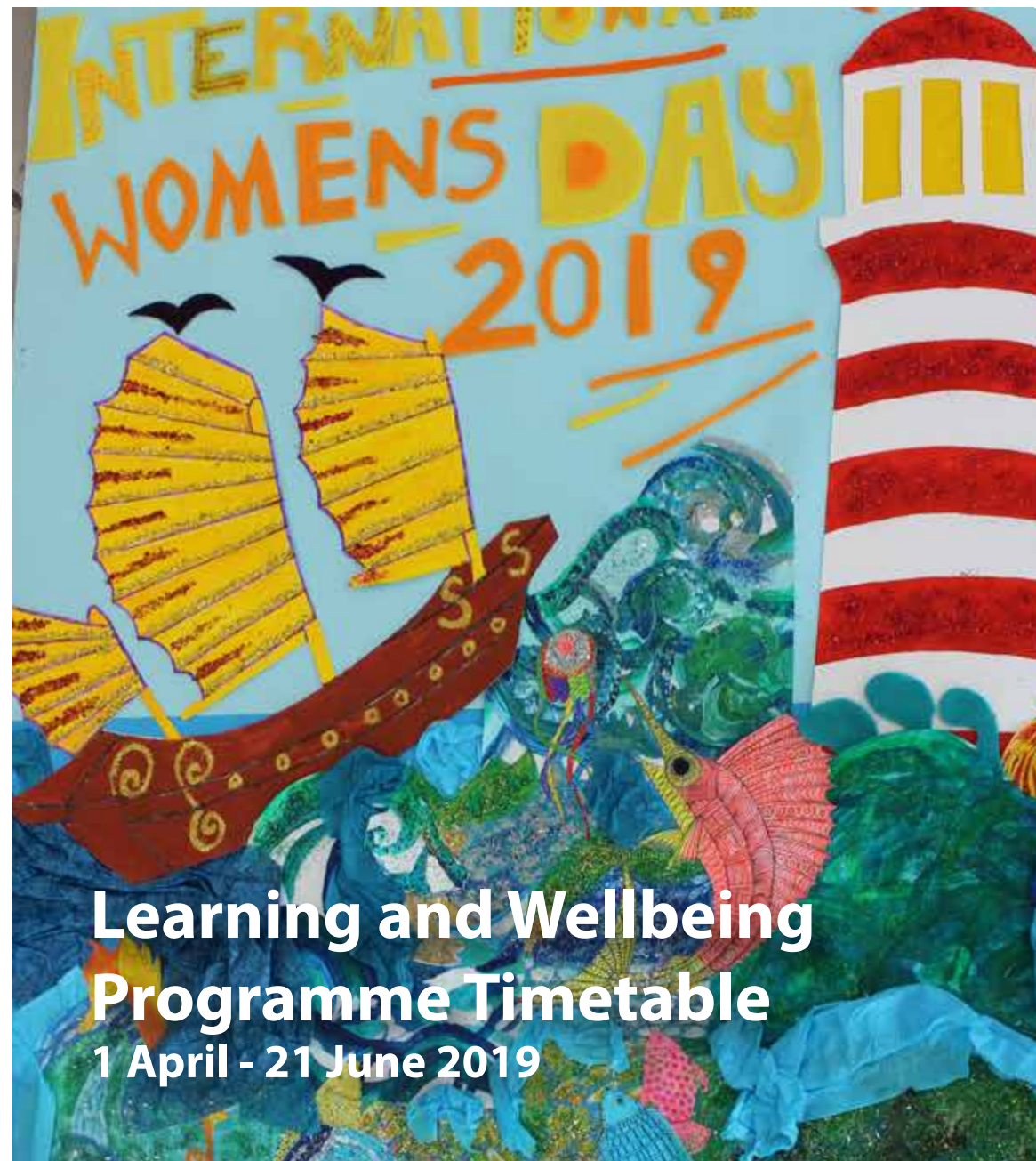
LOTTERY FUNDED

Providence Row 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

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**Learning and Wellbeing
Programme Timetable
1 April - 21 June 2019**

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



Why not 'spring into Spring' and join the Gardening Group in the Courtyard on Tuesdays, 10.30 - 1pm. It's fun working outside, so why not come and join us in looking after our award-winning garden!

Build your skills...

Are you looking to learn new skills or build on your existing knowledge and experience? We have a range of learning activities that might be perfect for you!

- ☐ **English classes** *Tuesdays and Fridays, 11.30am - 1pm*
- ☐ **Gardening Group** *Tuesdays, 10.30am - 12 midday*
- ☐ **Art** *Thursdays, 10am - 1pm*
- ☐ **IT workshop** *Fridays, 11.30pm - 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.

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**.

Learning & Wellbeing

Activities Programme

Mon 1 April - Fri 21 June 2019

MEET THE TEAM



Neal



Chris



Sarah



Julie



Alex



Asia



Annette



Sabina

MORNING SESSIONS

AFTERNOON SESSIONS

		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							
	Interview room										Mental Health Drop-in							
TUES	Interview rooms		Homeopathy with Sue															
	Activity room 1		Interactive Addiction Support with Alex															
	Activity room 2						English Class Reading and writing skills					Building Resilience with Groundswell						
	Rooftop/courtyard				Gardening Group with Julie						Lunch							
WEDS	The Chapel							Relaxation Group										
	Interview rooms		Benefits Advice															
	Interview rooms		Counselling by appointment only															
	Art room		Art, Crafts & Photography* Women-only															
THURS	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															

*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

স্বাস্থ্য
Caafimaadka
Zdrowie
Sănătate

Skills

দক্ষতা
Xirfadaha
Umiejętności
Aptitudini

Wellbeing

কল্যাণ
Ladnaanta
Dobre samopoczucie
Bunăstare

Entertainment

বিনোদন
Madadaalada
Rozrywka
Divertisment

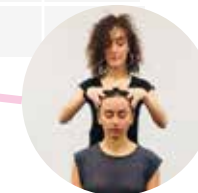
Creative arts

সৃজনাত্মক কলা
Farshaxan
Zajęcia kreatywne
Arte

Employment support

চাকুরী সমর্থন
Taageerada
Zatrudnienie
Ocuparea forței de muncă

An 8 week series of employability workshops running from 24 April to 12 June. Ask Annette for details.



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.

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



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