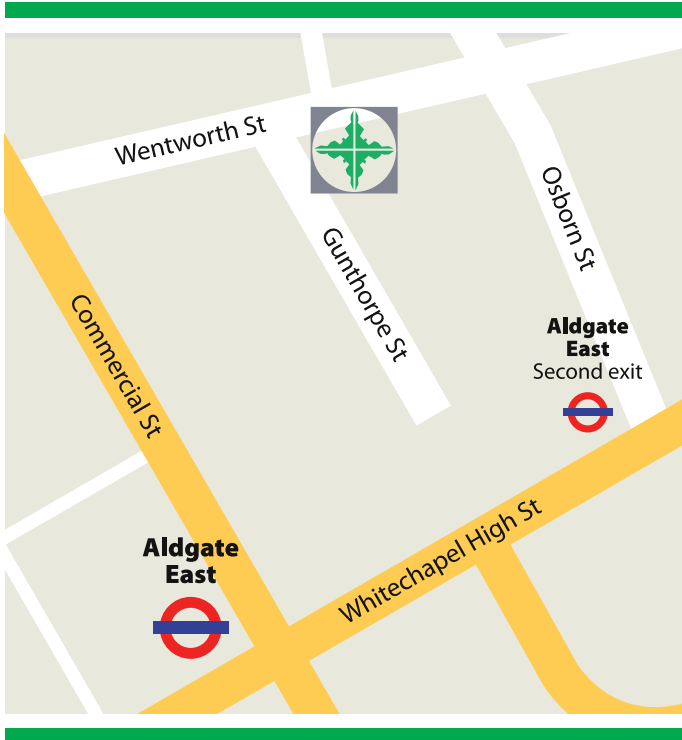


Providence Row  
The Dellow Centre  
82 Wentworth Street  
London E1 7SA

020 7375 0020  
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www.providencerow.org.uk  
f /ProvidenceRow  
t @Providence\_Row



# PROVIDENCE ROW

HELPING HOMELESS AND VULNERABLE PEOPLE SINCE 1860



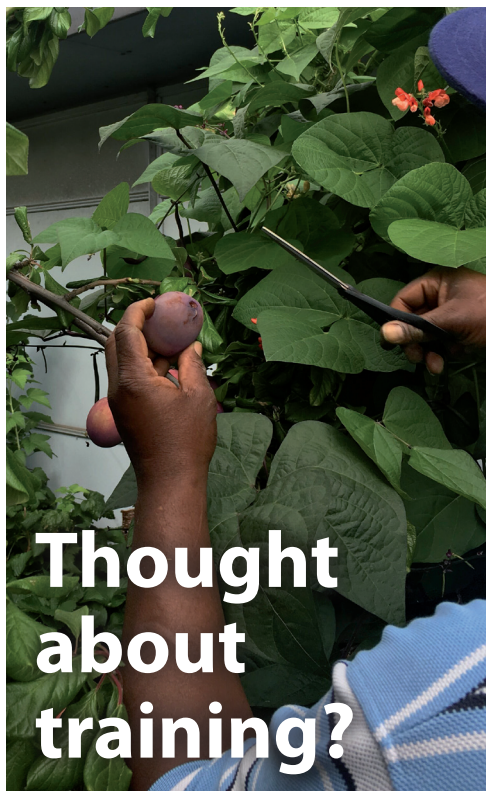
## Learning and Training Programme Timetable 30 September - 20 December 2019



### 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, 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.

## Make your voice heard...

We all have something to say. Why not share your ideas and stories with us at:

- Magazine Group *Mondays, 1.45pm - 3.30pm*
- Reading and Writing skills *Tuesdays, 11.30am - 1.00pm*
- Music Group *Thursdays, 2.00pm - 3.30pm*
- English class-speaking and listening *Fridays, 11.30am - 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 30 September - Fri 20 December 2019

## MEET THE TEAM



Neal



Chris



Sarah



Julie



Alex



Asia



Annette



Sabina

		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					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														
	Interview rooms	9.30 Benefits Advice														
	Activity room 1		9.45 Interactive Addiction Support with Alex													
	Activity room 2					11.30 Reading & Writing Skills				Lunch		2.00 Building Resilience with Groundswell				
WEDS	Rooftop/courtyard		10.30 Gardening Group with Julie													
	Interview rooms	10.00 Counselling (by appointment only)														
	The Chapel						12.00 Relaxation Group									
THURS	Art room		10.00 Art, Crafts & Photography* Women-only													
	Activity room 2					11.30 Working On It with Annette					2.00 Film Club					
	The Chapel		10.00 Acupuncture													
FRI	Art room		10.00 Art* with Chris									2.00 Music Group* with Alex				
	Activity room 1					11.30 IT Workshop (City & Guilds) with Asia										
	Activity room 2		10.00 H.O.P.E. Group Drug and Alcohol focused		11.00 Sign up for Reset referrals	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 9 October to 27 November. 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

See a member of the Reset team for a referral to the service

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