Learning and Training Activities Programme Tue 2 January - Fri 20 March 2020

9.00

MON

TUES

WEDS

THURS

স্বাস্থ্য

7drowie

Sănătate

Caafimaadka

FRI

Activity room 1

Activity room 2

Interview rooms

Interview rooms

Activity room 1

Activity room 2

Rooftop/courtyard

Interview rooms

Activity room 2

Activity room 1

Activity room 2

The Chapel

Art room

The Chapel

Art room

Art room

MEET THE TEAM















Annette



Sabina

10.00 Men's Group with Alex

9.45 Interactive Addiction Support

9.30 Homeopathy with Sue

9.30 Benefits Advice

MORNING SESSIONS 9.30 10.00 10.30 11.00 11.30 12.00 12.30

10.30 Gardening Group with Julie

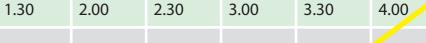
10.00 Counselling (by appointment only)

10.00 Art, Crafts & Photography* Women-only

11.00 IT & Employment Workshop with Annette

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AFTERNOON SESSIONS



1.45 Writing/Magazine Group with Chris A wellbeing course looking at such topics as healthy eating, sleep and

Lunch 11.30 Reading & Writing Skills 2.00 Building Resilience with Groundswell

An 8-week series of employability workshops running from 15 January to 4 March. Ask Annette for details.

keeping active.

Activities marked yellow are supported by volunteers from local

companies and the community who help

by giving 1-2-1

support.

2.00 Film Club 11.30 Working On It with Annette

1.00

11.30 IT Workshop (City & Guilds)

12.00 Relaxation Group

11.00 Sign up 11.30 English Class

*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

10.00 Acupuncture

10.00 **H.O.P.E.** Group

Drug and Alcohol focused

10.00 Art* with Chris

Health Skills Wellbeing

> দক্ষতা Xirfadaha Ladnaanta Umiejętności Dobre samopoczucie Aptitudini Bunăstare

Entertainment

Madadaalada

Divertisment

Rozrywka

বিনোদন

সজনাত্মক কলা Farshaxan

Zajęcia kreatywne

Creative arts

Arte

চাকুরী সমর্থন Taageerada Zatrudnienie Ocuparea forței de muncă

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

2.00 Music Group* with Alex

