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

MEET THE TEAM

- Neal
- Chris
- Sarah
- Julie
- Alex
- Asia
- Annette
- Sabina

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 15 January to 4 March. Ask Annette for details.

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

		MORNING SESSIONS									Lunch	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						2.00 Building Resilience with Groundswell				
	Rooftop/courtyard				10.30 Gardening Group with Julie												
WEDS	Interview rooms			10.00 Counselling (by appointment only)													
	The Chapel							12.00 Relaxation Group									
	Art room			10.00 Art, Crafts & Photography* Women-only													
	Activity room 2						11.30 Working On It with Annette						2.00 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 H.O.P.E. Group Drug and Alcohol focused		11.00 Sign up for Reset referrals / 11.30 English Class Speaking and listening											

*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	দক্ষতা	কল্যাণ	বিনোদন	সৃজনাত্মক কলা	চাকুরী সমর্থন
Caafimaadka	Xirfadaha	Ladnaanta	Madadaalada	Farshaxan	Taageerada
Zdrowie	Umiejętności	Dobre samopoczucie	Rozrywka	Zajęcia kreatywne	Zatrudnienie
Sănătate	Aptitudini	Bunăstare	Divertisment	Arte	Ocuparea forței de muncă

PROVIDENCE ROW

HELPING HOMELESS AND VULNERABLE PEOPLE SINCE 1860