

## 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



# PROVIDENCE ROW

HELPING HOMELESS AND VULNERABLE PEOPLE SINCE 1860

## Learning & Wellbeing Programme Timetable

Monday 1 October -  
Friday 14 December 2018

FUNDED BY  
**COMIC  
RELIEF**

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



**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.**

## Improving your wellbeing...

It's so easy to overlook your health and wellbeing when you have a lot going on in your life. That's why we've included a range of wellbeing sessions and activities as part of this programme.

- Relaxation** *Mondays, 12 midday*
- Mental health drop-in** *Mondays, 1.30pm*
- Homeopathy** *Tuesdays, 9.30am*
- Counselling service** *Wednesdays, 9.30am*
- Acupuncture** *Thursdays, 10am*
- Massage service** *Fridays, 9.30am*

## 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.**

## Art from the heart

In June we had our first art exhibition in partnership with Rich Mix on Bethnal Green Road. It was a fantastic success, with artists from Providence Row showing their work in the beautiful Café Gallery.

**If you enjoy art come and join our Open Art group on Thursdays from 10am - 1pm or Women Only Art Craft and Photography Group on Wednesday from 10am - 12 midday.**



## 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 drop in anytime between 9am and 2pm, Monday to Friday.

We also host regular guest and taster sessions not shown in this timetable.

Visit our website for more information **providencerow.org.uk/timetable.**

# Learning & Wellbeing

Activities Programme

Monday 1 Oct - Friday 14 Dec 2018

## MEET THE TEAM



Neal



Chris



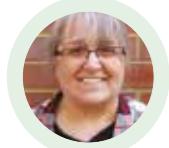
Sarah



Julie



Alex



Brigitte



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

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 10 Oct to 28 Nov. Ask Annette for details.



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 Divertiment
- Creative arts** সৃজনাত্মক কলা Farshaxan Zajęcia kreatywne Arte
- Employment support** চাকুরী সমর্থন Taageerada Zatrudnienie Ocuparea forței de muncă