



MARY SEACOLE HOUSE ACTIVITY TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Aromatherapy</b> at Mary Seacole House <b>1.00pm – 4.00pm</b></p> <p>Alternate weeks; 22/10, 05/11, 19/11, 10/12.</p>	<p><b>5 Ways to Wellbeing</b> at Kuumba Imani Centre <b>10.00 - 12.00pm</b></p> <p>Starting 30/10/18 for 6 wks until 04/12/18 <i>facilitated by Adult Learning Service</i></p> <p><b>(Booking Required)</b></p>	<p><b>Men’s &amp; Women’s Group</b> at Kuumba Imani Centre <b>12.00pm – 4.00pm</b></p> <p><b>Activities such as:</b> Healthy Breakfast at Kuumba (31/10, 28/11, 19/12) Meals, Cinema, Markets, Day Trips, Museums, Theatre, Community Events, Exhibitions, Indoor games, etc.</p> <p><b>(This group usually goes out together)</b></p>	<p><b>Peer Advocacy Training Programme</b> at Kuumba Imani Centre <b>9.30 - 1.00pm</b></p> <p>Starting 4/10/18 for 8 wks until 29/11/18 *There will be one break on – 25/10/18</p> <p><b>(Booking Required)</b></p>		<p><b>Men’s &amp; Women’s Group</b> at Mary Seacole House <b>10.00am – 5.00pm</b></p> <p><b>Activities such as:</b> In House Cooked Breakfast (every first Saturday of the month) Meals, Cinema, Markets, Day Trips, Museums, Theatre, Community Events, Exhibitions, Indoor games, etc.</p> <p><b>(This group usually goes out together)</b></p>
<p><b>Art Class</b> at John Archer Hall <b>1.45pm – 3.45pm</b></p>		<p><b>Members Meeting</b> at Kuumba Imani Centre <b>11.00am – 12.00pm</b></p> <p>Last working Wednesday of every month for updates regarding the service and other local services.</p>			

■ Leisure time     
 ■ Creative     
 ■ Learning     
 ■ Support Group     
 ■ Life Skills     
 ■ Social Inclusion

All activities are subject to change so please call us on: **(0151) 707 0319** if you would like to confirm or Email: [vanessa@maryseacolehouse.com](mailto:vanessa@maryseacolehouse.com) for more information.

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