

Weekly Activity Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Women's Peer Support Group at Kuumba Imani Centre Community Room 10.00am - 1.00pm</p> <p>Coffee and Drop in (with Keyworkers and Community Advocacy) at Kuumba Imani Centre Community Room 11.00am - 12.30pm</p>	<p>Men's Peer Support Group at Kuumba Imani Centre Community Room 10.30am – 12.30pm</p> <p>Interpreting course at Kuumba Imani Centre Community Room 12.30pm - 2.30pm (full till Jan - register) 12 weeks</p>	<p>Peer Support Group / ESOL at Kuumba Imani Centre Community Room 10.30am – 12.30pm</p> <p>You Can Do It Project (various activities each week, please check ROTA) at Kuumba Imani Centre Community Room 12.30pm - 3.30pm</p>	<p>Back to Work Training at Kuumba Imani Centre 11.00am-3.00pm</p> <p>Coffee and Drop in (with Keyworkers and Community Advocacy) at Kuumba Imani Centre Community Room 11.00am - 12.30pm</p>	<p>Digital Skills (6 week course) at Kuumba Imani Centre Community Room 10.30am - 12.30pm</p> <p>Arts & Crafts Group at Kuumba Imani Centre Nursery Room 11.00am-3.30pm</p>
<p>Art Class at John Archer Hall 1.30pm - 3.30pm</p>	<p>Advanced ESOL at 91 Upper Parliament Street Basement 1.00pm – 3.00pm</p>	<p>ESOL at 91 Upper Parliament Street Basement 1.00pm – 3.00pm</p>		<p>You Can Do It Project (Health checks & health eating) at Kuumba Imani Centre Nursery Room 10.30pm – 3.30pm</p> <p>Specialist Talks 1:30pm – 3:00pm (Every fortnight)</p>

People are also able to join upcoming activities or register interest in;

Evening football with Liverpool Football Therapy | Gardening at hope gardens | Cycling with cycle for life | Smoking Cessation | Mental health sessions with First person project | Additional activities to be added – Swimming waiting on the start dates / walking group / gardening drop in dates once scaffolding is down in Kuumba and the external activities people can link in with