

Weekly Activity Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Women's Peer Support Group Kuumba Imani Centre Community Room 10.00am - 1.00pm</p>	<p>Men's Peer Support Group Kuumba Imani Centre Community Room 10.30am – 12.30pm</p> <p>Interpreting course Kuumba Imani Centre Community Room 12.30pm - 2.30pm (12 week course) Full until January 2023</p>	<p>Mixed Peer Support Group and ESOL Kuumba Imani Centre Community Room 10.30am – 12.30pm</p> <p>You Can Do It Project (various activities each week, please check ROTA) Kuumba Imani Centre Community Room 12.30pm - 3.30pm</p>	<p>Back to Work Training Kuumba Imani Centre 11.00am-3.00pm</p> <p>Coffee and Drop in (with Keyworkers and Community Advocacy) Kuumba Imani Centre Community Room 11.00am - 12.30pm</p>	<p>Digital Skills Kuumba Imani Centre Community Room 10.30am - 12.30pm (6 week course)</p> <p>Arts & Crafts Group Kuumba Imani Centre Nursery Room 11.00am-3.30pm</p>
<p>Art Class John Archer Hall 1.30pm - 3.30pm</p>	<p>Advanced ESOL 91 Upper Parliament Street Basement 1.00pm – 3.00pm</p>	<p>ESOL 91 Upper Parliament Street Basement 1.00pm – 3.00pm</p>		<p>You Can Do It Project (Health checks & health eating) Kuumba Imani Centre Nursery Room 10.30pm – 3.30pm</p> <p>Specialist Talks 1:30pm – 3:00pm (Every fortnight)</p>

People are also able register interest in upcoming/partnering activities

Evening football with Liverpool Football Therapy | Interpreting course | Gardening at Hope Gardens | Cycling with Cycle for Life
Smoking Cessation | Mental health sessions with First Person Project | Swimming | Walking group

Call 0151 707 0319 for more information or email info@maryseacolehouse.com