

# Weekly Activity Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Women's Peer Support Group</b> Kuumba Imani Centre 11.00am - 1.00pm - Fortnightly Health Talks</p> <p><b>Pre-Entry ESOL Entry Level 1 &amp; 2</b> Kuumba Imani Centre 9.30am - 12.00pm 12.30pm - 2.30pm (Facilitated by St Helens College)</p> <p><b>Art Class</b> John Archer Hall 1.30pm – 3.30pm</p>	<p><b>Men's Peer Support Group</b> Kuumba Imani Centre 10.30am – 12.30pm - Conversational ESOL - Mental Health Awareness - Swimming sessions</p> <p><b>Advanced ESOL</b> 91 Upper Parliament Street Basement 1.00pm – 3.00pm - Employability - Life Skills</p> <p><b>Specialist Talks</b> Contact us for further information. 1.30pm – 3.00pm</p>	<p><b>Mixed Peer Support Group and ESOL</b> Kuumba Imani Centre 10.30am – 12.30pm - Health Talks</p> <p><b>Driving Theory Course</b> Kuumba Imani Centre 12.30pm – 2.30pm (Facilitated by Granby Toxteth Development Trust)</p>	<p><b>Coffee Morning and Drop In</b> Kuumba Imani Centre 11.00am - 12.30pm (Practical Support offered by Key Workers and Community Advocacy Workers)</p> <p><b>Women's Online Exercise Class</b> Request to Join via Zoom Link 1.00pm-2.00pm (Facilitated by Healthiness)</p>	<p><b>Digital Skills</b> Kuumba Imani Centre 10.30am - 1.30pm (Access to computers)</p> <p><b>Arts &amp; Crafts Group</b> Kuumba Imani Centre 11.00am - 3.30pm</p> <p><b>Relaxation and Massage Therapy Sessions</b> Appointment Only – Contact us for further information.</p> <p><b>Cultural Lunch Group and Warm Hub</b> Kuumba Imani Centre 12:30pm – 3:00pm</p> <p><b>Drop In Sessions</b> Kuumba Imani Centre 11.00am – 3.00pm (Practical Support offered by Community Advocacy Workers and Job Centre)</p>

People are also able to join or register interest in upcoming/partnering activities.

Evening Football with Liverpool Football Therapy | Gardening at Hope Gardens | Cycling with Cycle for Life

Call 0151 707 0319 for more information or email [info@maryseacolehouse.com](mailto:info@maryseacolehouse.com)