

Weekly Activity Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Women's Peer Support Group Kuumba Imani Centre 11.00am - 1.00pm - Monthly Health Talks</p> <p>Pre-Entry ESOL Entry Level 1 & 2 Kuumba Imani Centre 9.30am - 12.00pm 12.30pm - 2.30pm (Facilitated by St Helens College)</p> <p>Art Class Kuumba Imani Centre 1.30pm – 3.30pm</p>	<p>Men's Peer Support Group & ESOL Kuumba Imani Centre 10.30am – 3.00pm - Conversational ESOL - Mental Health Awareness - Employability - Life Skills</p> <p>Specialist Talks <i>Contact us for further information.</i> 1.30pm – 3.00pm</p>	<p>Mixed Peer Support Group and ESOL Kuumba Imani Centre 10.30am – 12.30pm - Health Talks</p> <p>Men's Swimming Group <i>Lifestyles Gym, Park Road</i> 12.00pm – 1.00pm</p> <p>Driving Theory Course Kuumba Imani Centre 12.30pm – 2.30pm (Facilitated by Granby Toxteth Development Trust)</p>	<p>Coffee Morning and Drop In Kuumba Imani Centre 11.00am - 12.30pm (Practical Support offered by Key Workers and Community Advocacy Workers)</p> <p>Women's Online Exercise Class <i>Request to Join via Zoom Link</i> 1.00pm-2.00pm (Facilitated by Healthiness)</p>	<p>Women Only Yoga <i>Kuumba Imani Centre</i> 10.30am - 11.30am</p> <p>Cultural Lunch Group and Warm Hub <i>Kuumba Imani Centre</i> 11.00am - 3.00pm</p> <p>Digital Skills (Access to computers)</p> <p>Express Yourself (Cultural Music, Singing & Dancing Group)</p> <p>Arts & Crafts</p> <p>Relaxation and Massage <i>Appointment Only – Contact us for further information.</i></p> <p>Drop In Sessions <i>Kuumba Imani Centre</i> 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