SESSIONS Basic Skills

Literacy, Numeracy, IT, ESOL **Budgeting & Money Management** Budgeting, Maximising Income & Reducing Spending, Debt, Banking, Organisation Grant Advice **Employment Skills, CV, Application & Job Search** Volunteering **Independent Living** Cleaning, Move On **Cooking and Nutrition Course Finder Driving Theory** Citizenship Leadership Skills, Resident Rep & Board Training, Environmental Issues, Use Your Voice **Health & Wellbeing Personal Development**

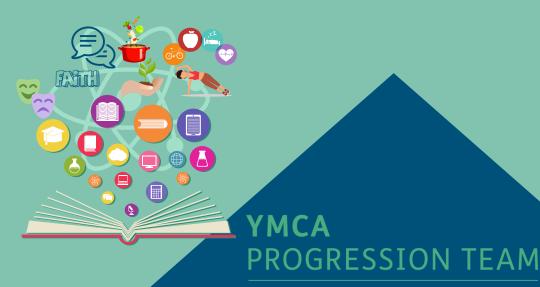
ACTIVITIES

Book Club (online) Singing & Music Drama Gardening Sports & Exercise Arts & Craft Resident, Consultation & Meetings Chaplaincy

Progression Team

Come and see your Progression Coach Martin Bushaway 07545 661416 **MartinBushaway@ymcaspg.org** for support with life skills, training, education, employment, volunteering, personal development, Chaplaincy, creative skills and finding courses Clare, Marie and Jonathan also at Walthamstow most Tuesdays

ProgressionTeamRegion1@ymcaspg.org



TIMETABLE

Sessions are in the Resident Zone with the Progression & Chaplaincy Teams unless stated otherwise See weekly What's On Posters for weekly information

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	Progression Team 1-1 sessions & at other sites	10:30am - 12:30pm Weekly Life Skills Workshops See workshop timetable & weekly What's On for sessions 11am - 12noon Basic Skills Drop In (English, Math's and IT) With Marie Welcome Group See weekly What's on for times	Progression Team at other site	10:30am- 12:30pm Progression Drop In Employment Skills, Course Advice, Budgeting, Life Skills, Independent Living, Personal Development	Progression Team 1-1 sessions & at others sites
LUNCHTIME, AFTERNOON & EVENINGS		Ipm - 2pm Life, Faith, CRE:ATE Discussion, Art & Light Lunch Ipm - 4pm Job Club Drop In Employment Skills & Search, Course Advice 2pm - 3:30pm Conversational English Every 4th Tuesday Ipm - 2pm & 5pm - 6pm Resident Meeting with food	Singing at Wimbledon Drama at Wimbledon Travel Provided	2pm-4pm Wellbeing Cafe Every 4th Thursday Progression Team at other sites Various Thursdays Film Nights with Sunny See posters for dates and films	12 - 1pm Multisport in the Sports Hall with Judi
See the Progression Team for gardening, volunteering, finding a course or apprenticeships & becoming a Resident Rep. One to one sessions throughout the week			ProgressionTeamRegion1@ymcaspg.org		