<u>SESSIONS</u> Basic Skills

Literacy, Numeracy, IT, ESOL

Budgeting & Money Management Budgeting, Maximising Income & Reducing Spending, Debt, Banking, Organisation

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

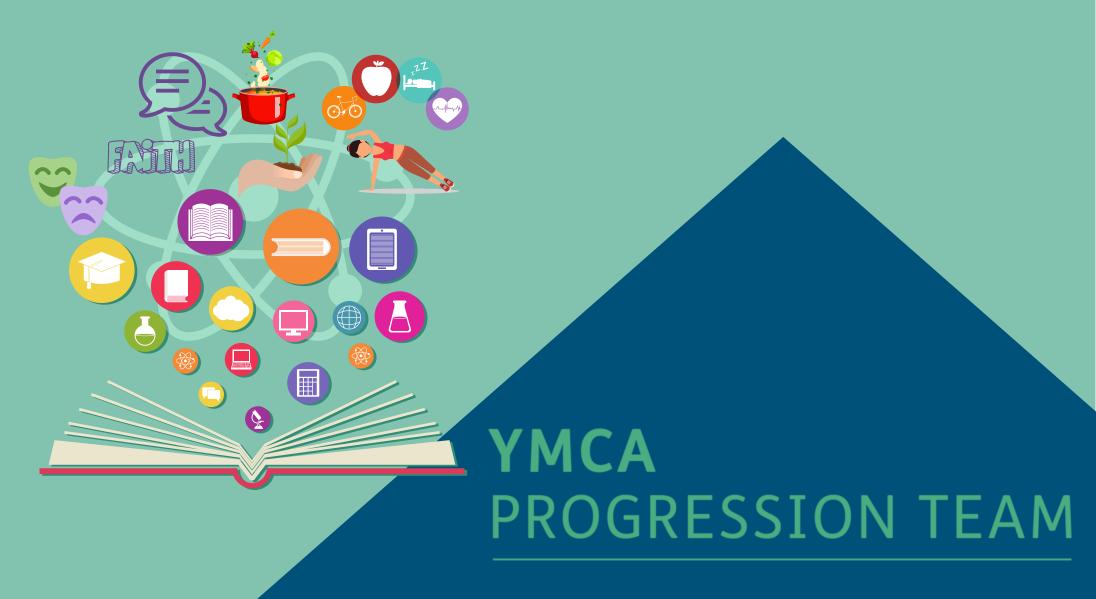
ACTIVITIES

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

Wimbledon Progression and Chaplaincy Timetable

Come and see Marie, Clare, Martin and Jonathan for support with life skills, training, education, employment, volunteering, personal development, Chaplaincy, creative skills and finding courses

ProgressionTeamRegion1@ymcaspg.org



TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10am - 12noonEnglish Classwith Learn EnglishTogetherSpeak to Progression Teamto join	Progression and Chaplaincy Team are at other projects	11am - 12noonWelcome Coffee Morning10:30am - 12noonMVC Listening Hour with FreeddieSpeak to Progression Team to join12 noonLi noonBishop Richard Prayer RoomLanoon - 1pmCooking and NutritionLearn and prep for Community Kitchen	11:00am- 1pmProgression WorkshopsLife Skills, EmploymentSkils, IndependentDevelopmentSee weekly What's on forsessions	Progression and Chaplaincy team not in
LUNCHTIME			1pm - 2.30pm Community Kitchen Resident Lounge Food, talks and various activities		Scan for more
<section-header><section-header><section-header><section-header><section-header><section-header></section-header></section-header></section-header></section-header></section-header></section-header>	<section-header><text></text></section-header>		1:30pm - 2.30pm Singing Group 2.30pm - 4:00pm Drama 1:30pm - 3pm Residents Meeting (every 4th Wednesday of the month)		information

ProgressionTeamRegion1@ymcaspg.org employment skills and mentoring. One to one sessions throughout the week

Sessions are in the Lounge & Activity Room with the Progression and Chaplaincy Teams unless stated otherwise See weekly What's On Posters for weekly information