

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



YMCA PROGRESSION TEAM

TIMETABLE

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	<div>10am - 12noon</div> <div>English Class</div> <div>with Learn English</div> <div>Together</div> <div>Speak to Progression Team to join</div>	<div>Progression and Chaplaincy Team are at other projects</div>	<div>11am - 12noon</div> <div>Welcome Coffee Morning</div> <div>10:30am - 12noon</div> <div>NVC Listening Hour with Freddie</div> <div>Speak to Progression Team to join</div> <div>12 noon</div> <div>Fireside Chat</div> <div>Bishop Richard Prayer Room</div> <div>12noon - 1pm</div> <div>Cooking and Nutrition</div> <div>Learn and prep for Community Kitchen</div>	<div>11:00am- 1pm</div> <div>Progression Workshops</div> <div>Life Skills., Employment Skills, Independent Living, Personal Development</div> <div>See weekly What's on for sessions</div>	<div>Progression and Chaplaincy Team not in</div>
LUNCHTIME			<div>1pm - 2.30pm</div> <div>Community Kitchen</div> <div>Resident Lounge</div> <div>Food, talks and various activities</div>		<div>Scan for more information</div> <div></div>
AFTERNOON & EVENING	<div>2pm - 4pm</div> <div>Job Club & Progression Drop in</div> <div>Life Skills., Employment Skills, Independent Living, Personal Development</div> <div>Sewing Machines and Art available</div>		<div>1:30pm - 2.30pm</div> <div>Singing Group</div> <div>2.30pm - 4:00pm</div> <div>Drama</div> <div>1:30pm - 3pm</div> <div>Residents Meeting</div> <div>(every 4th Wednesday of the month)</div>		

Also available volunteering, finding a course or apprenticeships, Resident Rep opportunities, employment skills and mentoring. **One to one sessions throughout the week**

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