

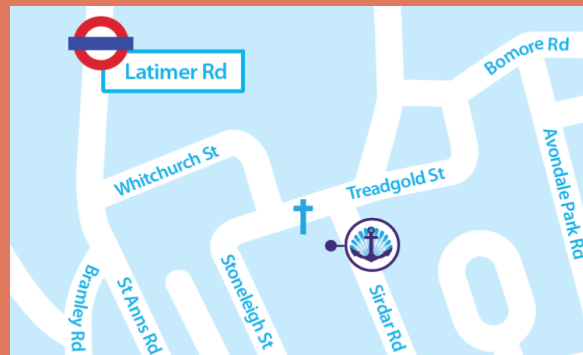


FREE CLINICS WORKSHOPS CLASSES & TRIPS

Contact

95 Sirdar Road
London
W11 4EQ
Call us on: 020 792 9189
or email:
wellbeing@clementjames.org

Our nearest tube stations are:
Latimer Road on the Hammersmith
and City Line
Shepherd's Bush and Holland Park on
the Central Line
The 295 and 316 buses stop at
Stoneleigh Place,
a 2 minute walk away.



DATE

EVENT/ACTIVITY

Thursday 22nd August	Community Gardening Group & Men's Shed Open Evening
Thursday 26th September	Women's Confidence Programme (5 Weeks)
Tuesday 1st October	Women's Confidence Programme Conference
Thursday 28th November	Women's Self Care Event
Monthly	Community Gardening Group

Courses Available

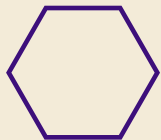
Women's Confidence Programme 5 Week Course

Focuses on skills such as assertive communication, confidence, self-compassion and listening. This FREE course includes a graduation ceremony.



Nutrition and Gardening 4 Week Course

Learn more about where our food comes from, its nutritional properties and how to cook simple and budget-friendly meals. (June 2020)



“You constantly believe in me and that makes me believe in myself”
ClementJames Client

If you are feeling stressed out or overwhelmed, or if you would just like to feel healthier and more relaxed, you can access a number of different wellbeing activities. These include a gardening group, wellbeing clinic, cooking & nutrition sessions and creative workshops..



Clinics and Groups

Writing Group T.B.C

The writing group will help build English skills across different styles of writing including creative writing, form filling, and email and letter writing. All our groups are an ideal opportunity to meet and make new friends. (begins 23rd Sept)



Wellbeing Clinic Tuesdays 2.30 - 5.30pm Sundays (Once per month)

Certified NADA ear Acupuncture Sessions to aid relaxation. Health and wellbeing advice. £2 per session.



The Reader Wednesdays 10 - 11.30am

Together we read, listen and talk about great stories and poems. You can read aloud with the group or sit back and listen, everyone is welcome at this friendly group.



Speaking Group Thursdays 12 pm - 1 pm

The speaking group is a chance to spend an hour talking in English in an informal setting. The sessions will include role plays and looking at real life situations with topics ranging from ordering in restaurants to giving directions. (begins 19th Sept)



One off trips

Previous trips include:

Kayaking and Narrowboat days.
Visits to Kensington Palace,
The Victoria & Albert Museum, Kew Gardens