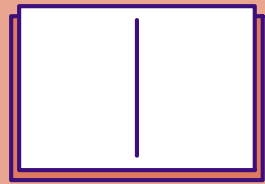


# What's On at The ClementJames Centre?

## February 2020



### Regular Groups

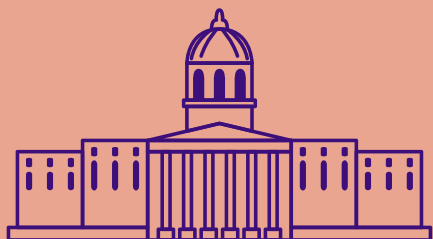
Wellbeing Clinic: Tuesdays 2:30 pm - 5 pm  
The Reader: Wednesdays 10:30 am - 12 noon  
Writing Group: Thursdays 11 am - 12 noon  
Speaking Group: Thursdays 12 noon - 1 pm  
Life in the UK and B1 English - Fridays 11 am - 12 noon  
Gardening Workshop - Monthly - Friday 14th February



### Adult Learning

Our Pearson Edexcel-accredited Adult Learning courses are back in full swing for the Spring term. We're registering every Thursday from 1 - 2:30 pm for free courses in Maths, English and ICT, from beginners level

- Our **Digital Skills** course will start at the end of February and is aimed at familiarising you with social media, email, online universal credit applications, and more...
- Please email [adultlearning@clementjames.org](mailto:adultlearning@clementjames.org) or contact us on 020 8810 7221 for more information



### Women's Trip to the V & A Friday 14th February

On Valentine's Day this year, we're celebrating female friendship with a women's trip to the V & A Museum in South Kensington! This is a great opportunity to view some of the world's most famous art and design works with other women from the local community. Places are limited, so please contact [wellbeing@clementjames.org](mailto:wellbeing@clementjames.org) or give us a call on 020 7792 9189 to secure one!



### Yoga with Shaktipad

Kundalini Yoga at The ClementJames Centre will continue every Thursday until 13th February from 6:30 until 7:30 pm with Shaktipad London. Sessions are free - just bring yourself! Tea and biscuits will be available after. All are welcome to join in at any point!

For more information, email [shaktipadlondon@gmail.com](mailto:shaktipadlondon@gmail.com)



### Interview Skills Day Thursday 13th February 9:30 am - 3 pm

Our expert advisors, in partnership with Johnson & Johnson, are holding an Interview Skills Day to help you ace upcoming interviews! You will have the opportunity to work one-on-one with a corporate volunteer for insights tailored to your skills and interests. Places are limited, email [jerome@clementjames.org](mailto:jerome@clementjames.org) to book yours!

### Upcoming events in March and April...

- Tuesday 3rd March until Tuesday 7th April - Women's Confidence Programme
- Thursday 12th March - Interview Skills Day
- Friday 13th March - Monthly Gardening Workshop
- Wednesday 1st April - Wellbeing Day
- Thursday 16th April - Monthly Gardening Workshop

### Keep in contact :



Twitter  
[@ClementJames](https://twitter.com/ClementJames)



Facebook  
[@theclementjamescentre](https://www.facebook.com/theclementjamescentre)



Instagram  
[@theclementjamescentre](https://www.instagram.com/theclementjamescentre)



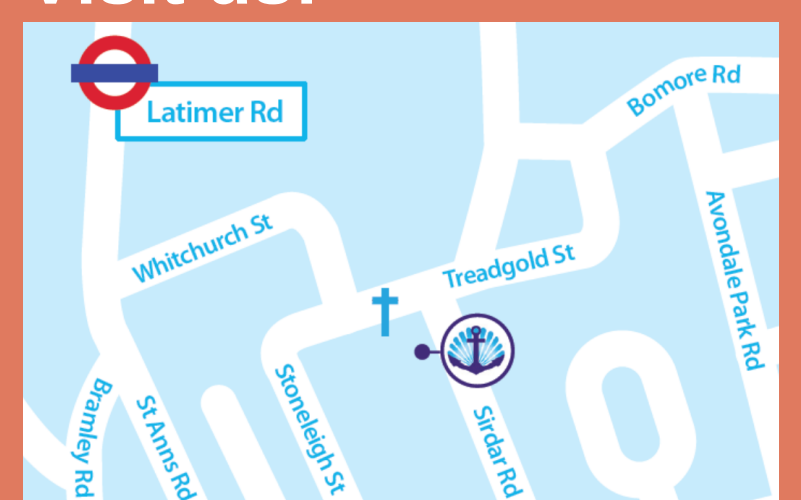
Phone  
020 7221 8810



Email  
[reception@clementjames.org](mailto:reception@clementjames.org)



### Visit us:



95 Sirdar Road, London, W11 4EQ