

# What's on at The ClementJames Centre? October 2020



## Learning and Support Continues

Although the doors of The ClementJames Centre are closed to drop-ins and visitors we are open online and over the phone for learning and support. We are constantly monitoring this situation. Please keep an eye out online for further updates.

## Black History Month

October is Black History Month. We'll be delving into events, people, and places in North Kensington's Black history on social media. Follow us on social media to find out more about Black history in the local area:

**Twitter** @ClementJames

**Instagram/Facebook** @theclementjamescentre



## Women's Self-Care Day

Save the date! Women's Self-Care Day will be online this year on Thursday 26 November with a series of workshops designed to share self-care tips, boost confidence and connect with other women.



## Wellbeing Day

We sadly had to cancel Wellbeing Day earlier this year but it will be back via our website! Look out for a link to access virtual Wellbeing Day later this month.

## Autumn Wellbeing Programme

Missing the Wellbeing Clinic? We've got exciting plans for the clinic in a new format coming soon but in the meantime, why not check out our website? Ray Rose has put together a series of presentations on connecting with breath to calm the mind and bring about a sense of peace as well as a 'You Are Light' guided meditation to follow along at home.

Find them on online: <https://clementjames.org/connecting-with-breath-and-guided-meditation-with-ray-rose/>

## Adult Learning Classes

Adult Learning classes are back for the Autumn term. If you'd like to improve your Maths, English, or ICT, get in touch! Contact [adultlearning@clementjames.org](mailto:adultlearning@clementjames.org) or call **07857969806** to register and find out more!

## Regular Groups

Speaking Group (Online via Zoom) - Thursdays 12 - 1 pm  
Reading Group (Over the phone) individual appointment -  
**email [lit-num@clementjames.org](mailto:lit-num@clementjames.org) for more information**

Life in the UK Revision (Zoom) - Fridays 10 - 11 am  
**email [advice@clementjames.org](mailto:advice@clementjames.org) to register**

## Contact Details for Appointments

### Employment Support:

[employment@clementjames.org](mailto:employment@clementjames.org)

### Literacy & Numeracy 1:1 Support:

[lit-num@clementjames.org](mailto:lit-num@clementjames.org)

### Advice & Guidance:

[advice@clementjames.org](mailto:advice@clementjames.org)