

# What's on at The ClementJames Centre? November 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.

## Wellbeing Day

Wellbeing Day will be hosted on our website this year! Check out a range of wellbeing services in the area from massage to support with stopping smoking on our website at [www.clementjames.org/wellbeingday2020](http://www.clementjames.org/wellbeingday2020)



## Women's Self-Care Day

Women's Self-Care Day will be online this year on Thursday 26 November with a series of workshops via Zoom designed to share self-care tips, boost confidence and connect with other women. Workshops include yoga, sleep hygiene, art therapy and skin health.

Email [wellbeing@clementjames.org](mailto:wellbeing@clementjames.org) to sign up and find out more.

## 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)