



What's on at The ClementJames Centre? February 2022

Adult Learning

There's still time to register for Maths, English & ICT courses. Learn, practice & improve speaking, numeracy and digital skills!

Last chance to register in-person at the centre:

Monday 7th February,
1 - 3 pm.

Email:
adultlearning@clementjames.org
or call: 07857 969806
to find out more.

Gardening Group

Our Wellbeing Team is holding their monthly Gardening Group on Tuesday 8th February, 11-1pm.

If you want to connect with the earth, learn how to grow plants and vegetables and take home some fresh, organic herbs, please come along!

Location: 95 Sirdar Rd,
W11 4EQ

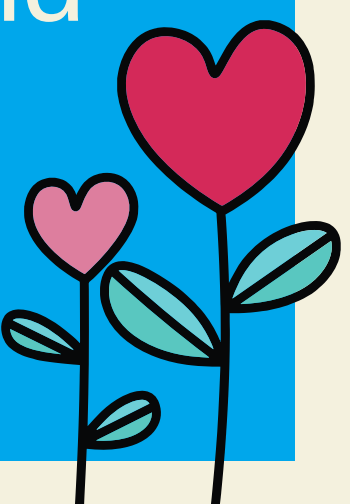
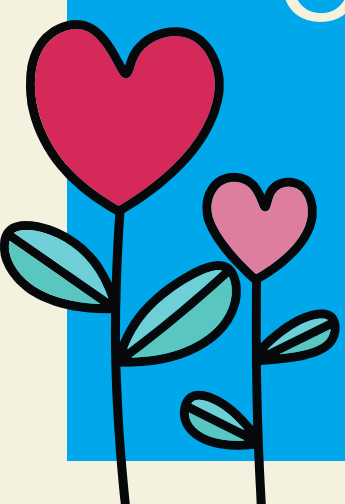


Practicing Gratitude

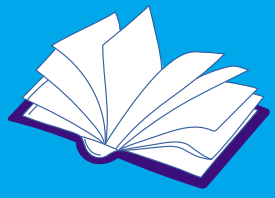
This month, in honour of Valentine's day, we're practicing gratitude at the centre. Thinking about what we're grateful for is a simple & enjoyable way to improve our wellbeing and spread the love.

We'll be sharing submissions from across the ClementJames community on our social media, and would love to include what you're grateful for!

Follow the link below to get involved...



Regular Groups



Reader Group - Wednesdays, 12 - 1 pm
Email wellbeing@clementjames.org to sign up



Conversation Group - Thursdays, 12 - 1 pm
Email wellbeing@clementjames.org to sign up



Life in the UK Revision Group- Every other Friday, 10 - 11 am
Email advice@clementjames.org to sign up



Employment Drop-in - Tuesdays, 12 - 1 pm
Email employment@clementjames.org to book in



Wellbeing Clinic with Ray Rose - Tuesdays, 2:30 - 5:30 pm
Sign up through the link below.

Employment Support:

employment@clementjames.org

Literacy & Numeracy 1 to 1 Support:

lit-num@clementjames.org

Advice & Guidance:

advice@clementjames.org

Centre-wide numbers:

020 7221 8810 / 07849 522 259



Keep in contact :



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



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



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



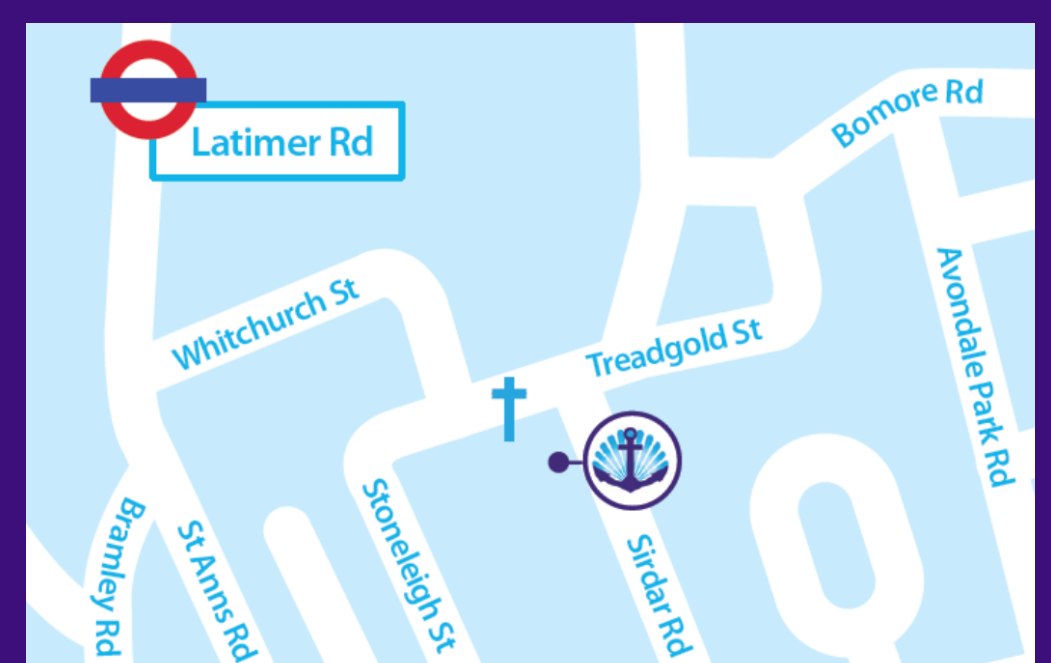
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Visit us:



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