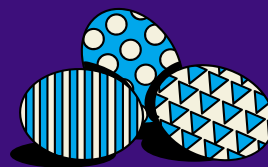




# What's on at The ClementJames Centre?

## April 2022



### “ The Reader Group ”

Together we read, listen and talk about great stories and poems. You are welcome to relax, join in the conversation or read aloud - it's up to you.

Meet others and gain confidence sharing ideas with a relaxed and welcoming group.

12 - 1 pm, every Wednesday,  
from the 13th April

Interested in joining? Email [wellbeing@clementjames.org](mailto:wellbeing@clementjames.org), give us a call on 020 7221 8810, or drop-in on the day!

### Employment Support

Looking for support to help you into work or training? We offer tailored one-to-one support to help you search and apply for jobs and training opportunities.

To sign up for an appointment, email [employment@clementjames.org](mailto:employment@clementjames.org) or call 020 7221 8810

★ One-off Interview Support  
Appointments

★ email [drop-in@clementjames.org](mailto:drop-in@clementjames.org)

★ Date for your diaries:

Our next Interview Skills Day will be on the 25th May; everything you need to know in May's newsletter!

### WELLBEING DAY

ON TUESDAY 19TH APRIL AT THE CENTRE!

We're partnering with specialist practitioners to bring you a day of interactive workshops, aiming to connect you with the four elements of wellbeing:

PHYSICAL EMOTIONAL SPIRITUAL ENVIRONMENTAL

Learn more about your own wellbeing and how to look after it with four workshops throughout the day on each element, including meditation & connecting with the natural world!

WHEN? 9:30 AM - 3 PM, WITH LUNCH PROVIDED

To register your interest, please email [wellbeing@clementjames.org](mailto:wellbeing@clementjames.org) or call us on 020 7221 8810

### Adult Learning

English and ICT classes are restarting after the Easter break on Monday 25th April!

The next opportunity to register:  
**Wednesday 20th April,**  
**10 am - 2 pm, in-person at the centre.**

However, if you would like to register your interest and be placed on our waiting list before then, you can do so by sending your name and what you are interested in to [reception@clementjames.org](mailto:reception@clementjames.org), calling us on 020 7221 8810, or popping into the centre.

# Regular Groups



**Conversation Group - Thursdays, 12 - 1 pm**  
Email [wellbeing@clementjames.org](mailto:wellbeing@clementjames.org) to sign up



**Life in the UK Revision Group - Every other Friday, 10 - 11 am.** This month, Friday 29th is the only session.  
Email [advice@clementjames.org](mailto:advice@clementjames.org) to sign up



**Employment Drop-in - Tuesdays, 12 - 1 pm**  
Email [employment@clementjames.org](mailto:employment@clementjames.org) to book in



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



**Monthly Gardening Group, second Tuesday of every month, 11 - 1 pm**  
**April session - Tuesday 12th**  
No need to book, just come along to the centre!

**Employment Support:**  
[employment@clementjames.org](mailto:employment@clementjames.org)

**Literacy & Numeracy 1 to 1 Support:**  
[lit-num@clementjames.org](mailto:lit-num@clementjames.org)

**Advice & Guidance:**  
[advice@clementjames.org](mailto: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)



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



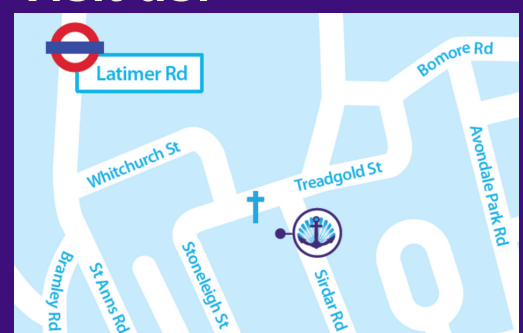
Phone  
020 7221 8810



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



## Visit us:



95 Sirdar Road, London, W11 4EQ