

What's On at The ClementJames Centre? February 2023

What's On: Wellbeing

NEW: Weekly Wellbeing Group



NHS
Grenfell Health and
Wellbeing Service

Specialised Wellbeing Workshops hosted by Grenfell Health and Wellbeing Service, giving you an opportunity to connect, share and learn about a variety of themes relating to our mental and physical wellbeing.

Workshops:

Wednesday 1 February:

Developing Mindfulness



Wednesday 8 February:

Developing Self-Compassion



Wednesday 15 February (half term):

Family Art Workshop - please bring your kids along!



Wednesday 22 February:

Developing Resilience



12 - 1 pm. Please arrive at the Centre for 11:45 to be ready for a 12 pm start. Contact wellbeing@clementjames.org or give us a call on 02072218810 to book your place!

Vacancies at ClementJames

We currently have two vacancies for roles at the Centre:

Young People's Project Worker

Part-time Adult Learning Tutor

We'd love to hear from you! Find out more about the roles and how to apply on our website, linked below.

Community: Social Cycling

Those working, studying and living in the borough can sign-up to free improver / beginner group cycle training sessions on Wednesdays and Mondays from Dalgarno Trust and Henry Dickens Court.

Bikeworks have also released the dates of their Cycling for Wellbeing 8-session course starting from 21st February.

Follow the link below to find out more and sign up!

 **bikeworks**

What's On: Advice Support

Cost of Living Community Support Day - Wednesday 22nd February, 12 pm - 5 pm.

We will have a stall at the Kensington Leisure Centre on the Debt and Financial Advice bus, booking appointments, making referrals and signposting the support available to people who are seeking help. There's lots more on offer too so please do come along! More information below.

ICT 1-2-1 Support - Wednesdays, 2 pm - 4 pm

Come along & use the computers / printers with our ICT teacher Andrea. Email reception@clementjames.org to find out more and sign up.

Life in the UK Revision Group - Fridays, 10 am - 11 am

Sessions are online. Email advice@clementjames.org to sign up.

What's On: Wellbeing Support

Conversation Group - Thursdays, 12 pm - 1 pm

An informal and fun environment for those who wish to practice their spoken English whilst getting the chance to meet new people.

Gardening Group - Second Tuesday of the month, 11 am - 1 pm

To sign up for these groups, please email wellbeing@clementjames.org.

Wellbeing Clinic Ear Acupuncture - Tuesdays, 2:30 pm - 5:30 pm.

Now FREE to attend! Sign up through the link below

Contact Details for Appointments

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

Keep in contact :



Twitter

@ClementJames



Facebook

@theclementjamescentre



Instagram

@theclementjamescentre



Phone

020 7221 8810



Email

reception@clementjames.org



Visit us:



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