

What's On at The ClementJames Centre? March 2023

What's On: Wellbeing

Women's Self-Care Day

16th March 2023, 9:30 am - 2:30 pm
at The ClementJames Centre

Join us for an inspiring and inclusive self-care event for all women, filled with a series of workshops and treatments to give you the opportunity to focus on your physical and emotional wellbeing, get creative and learn new things, including...

- Jewellery Making
- Yoga
- Drama Therapy
- Manicures
- Hand Massage
- Henna & More!

Lunch will also be provided.
If you are interested, please fill out the form linked below.

Email wellbeing@clementjames.org for more information.

What's On: Employment Support



We're back with another Interview Skills Day on Thursday 30th March, this time in collaboration with ABN AMRO Bank!

Practice and develop your interview skills 1-2-1 with corporate volunteers from 10 am - 2 pm (lunch provided).
Email employment@clementjames.org to secure your place.

What's On: Young People

Young Achievers

ClementJames' Young Achievers Programme gives young people in years 4 - 6 the chance to gain lifelong skills and boost their confidence, with a focus on:

- Meeting and collaborating with others
- Developing communication skills
- Practicing leadership qualities
- And much more!

Sessions every Thursday from 9th - 30th March, 4 - 5 pm. Email reception@clementjames.org to book.

*Please note that to attend the programme, your young person needs to be receiving free school meals.

*Kensington
Chelsea
Foundation*
A charity for the region

What's On: Advice Support

Nucleus Debt Advice Service - Wednesdays, beginning 22nd March
Email advice@clementjames.org for more information.

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 Regular Groups

Wellbeing Group - Wednesdays, 12 pm - 1:30 pm
Specialised wellbeing workshops hosted by Grenfell Health and Wellbeing Service, covering themes ranging from Sleep Hygiene to Managing Stress.

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 - Now every other week (14th / 28th), 11 am - 12 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 at 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:

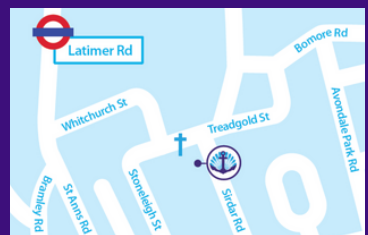
020 7221 8810

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