

# What's On at The ClementJames Centre? April 2023

Please be aware that the Centre will be closed for the Easter bank holiday on Friday 7th April and Monday 10th April. Happy Easter to all celebrating!

## What's On: Employment

### Public Speaking Crash Course

Get paired up with a corporate mentor and gain insight into the professional world, developing your public speaking skills and building confidence in the process.

This course will be run in partnership with **Dramatic Resources**, a company using tips and tricks from the theatre to help people perform better in business settings!

**The course will run for four days, taking place at The ClementJames Centre (W11 4EQ) from Tuesday 18th April until Friday 21st April, 10 am - 1 pm everyday.**

To sign up, please email [mentoring@clementjames.org](mailto:mentoring@clementjames.org) or call us on 020 7221 8810.



## What's On: Wellbeing

### Women's Confidence Programme



Come together with a group of women for a morning a week to work on developing skills such as communication, active listening, confidence, self-compassion and boundaries.

**This course will run every Tuesday from 25th April - 6th June (with a break week on 30th May), from 10 am - 1 pm.**

If you're interested, email your name and number to [wellbeing@clementjames.org](mailto:wellbeing@clementjames.org) or call us on 020 7221 8810.

## What's On: Young People

We have spaces in both our Primary and Secondary after-school Academic Support sessions.

Students can get support with their homework from staff and volunteers, develop their maths and English skills, work independently and even have the chance to win prizes!

**For more information and to register your young person, please see our website linked below.**



# What's On: Advice Support

## Nucleus Debt Advice Service - Wednesdays

Email [advice@clementjames.org](mailto: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](mailto: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](mailto:advice@clementjames.org) to sign up.

# What's On: Wellbeing Support Regular Groups

## Gardening Group - Every other Tuesday (11th / 25th), 11 am - 12 pm

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

Please note the Clinic will be closed on April 11th. Sign up below!

## Wellbeing Group - Wednesdays, 12 pm - 1:30 pm

A new timetable of specialised weekly wellbeing workshops hosted with peer support, including an art-based family strengths workshop, family yoga and sessions on understanding anxiety and emotions.

## 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.

To sign up for these groups, please email [wellbeing@clementjames.org](mailto:wellbeing@clementjames.org).

## Contact Details for Appointments

### Employment Support:

[employment@clementjames.org](mailto:employment@clementjames.org)

### Advice & Guidance:

[advice@clementjames.org](mailto:advice@clementjames.org)

### Literacy & Numeracy 1 to 1 Support:

[lit-num@clementjames.org](mailto:lit-num@clementjames.org)

### Centre-wide numbers:

020 7221 8810

## Keep in contact :



Twitter

@ClementJames



Facebook

@theclementjamescentre



Instagram

@theclementjamescentre



Phone

020 7221 8810

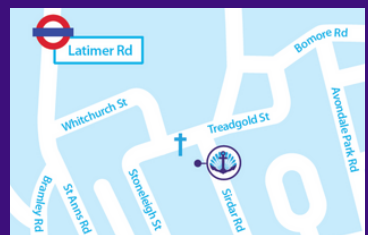


Email

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



## Visit us:



95 Sirdar Road, London, W11 4EQ