

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

## Summer Opening Hours

Please note that we will be closed on Friday afternoons from 1 pm between 28th July and 1st September.



## Adult Mentoring: Public Speaking Crash Course

Increase your confidence and public speaking skills during our one-day crash course on **Tuesday 22nd August, 9:30 am - 4 pm**. You will be paired up with a corporate mentor who will work with you throughout the day, which will finish with you and the other mentees giving short presentations to practice your skills!

Email [mentoring@clementjames.org](mailto:mentoring@clementjames.org) to register your interest.

## What's On: Young People!

### Discover Yourself

Is your young person undecided about what path to take after school? We can help them to discover their options this summer with a week of exciting day-trips including a visit to the new EE Studio Store and a day out at the National Theatre!

**From 14th - 18th August we will be going on trips including:**

- The National Theatre
- The Science Museum
- The EE Gaming Zone



If your young person is 13 - 16, we can support them to identify future careers and the pathways to get there. Email [earlyintervention@clementjames.org](mailto:earlyintervention@clementjames.org) or give us a call on 020 7221 8810 to find out more & book their place today.

## Family Garden Open Day!

Drop by to our Family Garden Open Day on **Wednesday 2nd August from 10 am - 1 pm**, and enjoy a range of fun workshops with the RBKC Community Gardeners. Come along and build your own mini-beast wildlife house, create your own herb pots to grow at home, learn to make refreshing herbal teas from herbs grown in our garden and take part in the big butterfly count!



## What's On: Advice Support

Please be aware that due to current capacity, we are only able to provide one-to-one advice support to those who live in RBKC. We are still offering support to existing clients who have used our advice service in the past and live outside of RBKC, as well as clients registered with Community Living Well. If you live in either Hammersmith and Fulham or Westminster you can find a list of organisations in these areas which may be able to provide support below.

### **Nucleus Debt Advice Service - Wednesdays**

Email [advice@clementjames.org](mailto:advice@clementjames.org) for more information.

### **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: Regular Wellbeing Groups

### **Gardening Group - Every other Tuesday (1st / 15th / 29th), 11 am - 12 pm**

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

Due to large numbers of people attending the clinic, we are currently unable to take on any new clients. We apologise for any inconvenience and will let you know when this changes. Final sessions this month: 1st & 8th August, after which the clinic will return in October. Sign up below.

### **Creative Wellbeing Group - Every Tuesday until 22nd August, 2:15 - 3:45 pm**

Adults, families and artists of all abilities are welcome to join us for a series of informal creative workshops, giving you an opportunity to connect with others, learn new skills and make your own artistic creations!

### **Wellbeing Group - Wednesdays, 11:30 am - 1 pm**

### **Conversation Group - Thursdays, 12 pm - 1 pm**

Email [wellbeing@clementjames.org](mailto:wellbeing@clementjames.org) to sign up for regular wellbeing groups.



Phone:  
020 7221 8810



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



### Visit us:



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