

Activity Calendar – January – April 2024

Activities	Monday	Tuesday	Wednesday	Thursday	Friday
Please contact us to register if you are interested in joining any of our groups	Work Skills 9.30 to 11.00am The Saplings, Parkfield Road, WV4 6EL	ESOL for Health Conversational English 9.30 to 11am The Saplings, Parkfield Road, WV4 6EL	ESOL – Speaking and listening 9.30am to 12pm The Saplings, Parkfield Road, WV4 6EL	Follow us on Facebook for updates, and information on our future events. In March we will be celebrating International Women’s Day! @Facebook – Aspiring Futures	 Visit us on Facebook. @ Aspiring Futures for updates on our (aspiring) future events!
	Work Skills 9.30 to 11.00am All Saints Action Network (ASAN), All Saints Road, WV2 1EL				
Counselling	Digital Skills 11.30 to 1pm The Saplings, Parkfield Road, WV4 6EL	Aspiring Allotment 9.30 to 11.30am Howell Road Allotments, Parkfields Check our Facebook for updates on the day	ESOL – Functional Skills in Maths 1.15 to 3.15pm The Saplings, Parkfield Road, WV4 6EL	Mindset & Self Worth (6 week course – please call to check for spaces – starts 7 th March) 9.30am to 12pm The Saplings, Parkfield Road, WV4 6EL	ESOL Skills for Work & Life English & Maths for Work 9.15am to 12.45pm The Saplings, Parkfield Road WV4 6EL
Befriending	ESOL (non-accredited) 12.30pm to 2.30pm Room 2 Newhampton Art Centre (NAC), Dunkley Street, WV1 4AN	ESOL Chatty Café/Drop In 11.30am to 1.30pm The Saplings, Parkfield Road, WV4 6EL	Wellbeing Wednesday Zoom 10 to 11.15am Zoom Link (link can be sent on request) Tel: - 0755 766 7609 https://us06web.zoom.us/j/89314780415?pwd=RHdSQm9OK29oTFNzb0tnQkZwT0I3dz09	Mind & Meditation (6 week course – please call to check for spaces) 12.30 to 2.15pm The Saplings, Parkfield Road, WV4 6EL	Feel Good Friday 9.30 to 10.30am Clarendon, 38 Chapel Ash, WV3 0TN
Empowering Women					
Health & Wellbeing	Monday Meet Up 1pm to 2.00pm The Saplings, Parkfield Road, WV4 6EL	Sewing Workshop 1.30 to 3pm The Saplings, Parkfield Road, WV4 6EL	Stay and Play Ages 0-4 years 12 to 1.30pm Whitmore Reans Children’s Centre WV1 4AL	Life Skills ESOL 9.30am to 11.30am Al Amin Mosque, Culwell Trading Estate, WV10 0PG	Mindfulness Course (6 week course – please call to check for spaces) 10am to 12pm The Saplings, Parkfield Road, WV4 6EL
Drop In’s	Mind & Meditation (6 week course – please call to check for spaces) 2 to 4pm All Saints Action Network (ASAN), All Saints Road, WV2 1EL	Talking Tuesdays Every 1 st and 3rd Tuesday of the month (Please call to book) 5 to 6.30pm The Harrowby, Harrowby Road, WV10 6RQ Tel:- 0755 766 7609	Kids Minecraft Club Ages 6-13 3.45 to 5pm An afternoon club for children to learn new skills, improve confidence and make new friends. The Saplings, Parkfield Road, WV4 6EL	ESOL Chatty Café/ Drop In 12 to 1.30pm Al Amin Mosque, Culwell Trading Estate, WV10 0PG	ESOL – Functional Skills in English 1.15 to 3.15pm The Saplings, Parkfield Road, WV4 6EL
Work Skills					
Digital Support	 Visit us on Facebook. for updates on our (aspiring) future events! In March we will be celebrating International Women’s Day! @Facebook – Aspiring Futures	 Befriending Service Mon/Tues /Thurs Via Telephone Call to book Tel: - 0755 766 7609	Employment Support Telephone Appointments are available on a Wednesday for people who have completed Work Skills Please call to book on 0755 766 7609	 Counselling Service Mon/Tues/Wed/Thurs Face-to-Face, Telephone or Zoom appointments available. Call to book Tel: - 0755 766 7609	Half Term Club Fun & Games, Arts & Crafts, Learning new skills, Making new friends, Free Lunch Call for event details & to book. Tel: - 0755 766 7609
Aspiring Allotment					
Yoga					
Kids Clubs					
Meditation					
ESOL					
Mindfulness					
Sewing Group					