

KCBNA BAME Community Project Timetable – November 2023

	Wednesday 1st	Thursday 2nd	Friday 3rd
	General Advice	General Advice	Members Welfare
	Session Face to	Session Telephone	Telephone Check-ins
	Face	10am - 1pm	10am – 1pm
	10.30am – 12pm	·	
	@ Chadswell	Felix Food project	Free Healing Session
	Centre	1pm – 3pm	11.30am – 2pm
		@ Chadswell	@ Neighbourhood
	Basic Maths Class	Centre	Centre
	10am – 12pm		
	@ Chadswell		Chinese Lunch Club
	Centre		12.30pm – 2pm
			@ Chadswell Centre
	Basic Food Parcels		
	Collection		Traditional Chinese
	10am – 12pm		Dress Catwalk
	@ Chadswell Centre		1.30pm – 3pm Chadswell Centre to
	Centre		Marchmont Centre
	BAME Lunch Club		iviai ciiiiioiit Celitre
	Eat in or Take Away		
	1.30pm – 3pm		
	@ Chadswell		
	Centre		
	Warm Space Drop-		
	in Project		
	3pm – 5pm		
	@ Chadswell		
	Centre		



Monday 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th
General Advice Session Telephone	General Advice Session	General Advice Session Face to	General Advice Session Telephone	Members Welfare Telephone Check-ins
10am - 12pm	(Telephone and	Face	10am - 1pm	10am – 1pm
Sowing Class	Face to Face)	10.30am – 12pm @ Chadswell	Ealiy Food project	Eroo Hooling Cossion
Sewing Class 10am – 12.30pm	10am – 12pm @ Chadswell Centre	ور Chadswell Centre	Felix Food project 1pm – 3pm	Free Healing Session 11.30am – 2pm
@ Chadswell	e chadswell centre	Centre	@ Chadswell	@ Neighbourhood
Centre	ESOL and	Basic Maths Class	Centre	Centre
	Employment Class	10am – 12pm		
Exercise Class	9.30am – 12pm	@ Chadswell		Chinese Lunch Club
12.30pm – 1.30pm	@ Chadswell Centre	Centre		12.30pm – 2pm
@ Chadswell	_			@ Chadswell Centre
Centre	Exercise Class for	Basic Food Parcels		
Chit and Chat	Women 18+ 10am – 11am	Collection		Traditional Chinese Dress Catwalk
What's App	@ Chadswell Centre	10am – 12pm @ Chadswell		1.30pm – 3pm
Welfare Calls	e chadswell centre	Centre		Chadswell Centre to
11am – 12pm	Exercise Class for	36.14.5		Marchmont Centre
•	Women 50+	BAME Lunch Club		
Members Welfare	11am – 12pm	Eat in or Take Away		
Telephone Check-	@ Chadswell Centre	1.30pm – 3pm		
ins		@ Chadswell		
2.30pm – 4pm	ESOL Entry Level 1	Centre		
	1.30pm – 3.30pm @ Chadswell Centre	Warm Space Drop-		
	@ Chadswell Centre	in Project		
	Mental Health /	3pm – 5pm		
	Dementia	@ Chadswell		
	Wellbeing session	Centre		
	3pm – 4pm			
	@ Chadswell Centre			
	Warm Space Drop-			
	in Project			
	3pm – 5pm			
	@ Chadswell Centre			



Monday 13th	Tuesday 14th	Wednesday 15 th	Thursday 16th	Friday 17th
General Advice Session Telephone	General Advice Session	General Advice Session Face to	General Advice Session Telephone	Members Welfare Telephone Check-ins
10am - 12pm	(Telephone and Face to Face)	Face 10.30am – 12pm	10am - 1pm	10am – 1pm
Sewing Class	10am – 12pm	@ Chadswell	Felix Food project	Free Healing Session
10am – 12.30pm	@ Chadswell Centre	Centre	1pm – 3pm	11.30am – 2pm
@ Chadswell			@ Chadswell	@ Neighbourhood
Centre	ESOL and	Basic Maths Class	Centre	Centre
	Employment Class	10am – 12pm		
Exercise Class	9.30am – 12pm	@ Chadswell		Chinese Lunch Club
12.30pm – 1.30pm	@ Chadswell Centre	Centre		12.30pm – 2pm
@ Chadswell	5	Danis Farad Danish		@ Chadswell Centre
Centre	Exercise Class for Women 18+	Basic Food Parcels Collection		Traditional Chinese
Chit and Chat	10am – 11am	10am – 12pm		Dress Catwalk
What's App	@ Chadswell Centre	@ Chadswell		1.30pm – 3pm
Welfare Calls	C STEEDS TO THE CONTROL	Centre		Chadswell Centre to
11am – 12pm	Exercise Class for			Marchmont Centre
	Women 50+	BAME Lunch Club		
Members Welfare	11am – 12pm	Eat in or Take Away		
Telephone Check-	@ Chadswell Centre	1.30pm – 3pm		
ins		@ Chadswell		
2.30pm – 4pm	ESOL Entry Level 1	Centre		
	1.30pm – 3.30pm @ Chadswell Centre	Warm Space Drop		
	@ Chauswell Centre	Warm Space Drop- in Project		
	Mental Health /	3pm – 5pm		
	Dementia	@ Chadswell		
	Wellbeing session	Centre		
	3pm – 4pm			
	@ Chadswell Centre			
	Warm Space Drop-			
	in Project			
	3pm – 5pm			
	@ Chadswell Centre			



Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th
General Advice Session Telephone	General Advice Session	General Advice Session Face to	General Advice Session Telephone	Members Welfare Telephone Check-ins
10am - 12pm	(Telephone and Face to Face)	Face 10.30am – 12pm	10am - 1pm	10am – 1pm
Sewing Class 10am – 12.30pm	10am – 12pm @ Chadswell Centre	@ Chadswell Centre	Felix Food project 1pm – 3pm	Free Healing Session 11.30am – 2pm
@ Chadswell			@ Chadswell	@ Neighbourhood
Centre	ESOL and	Basic Maths Class	Centre	Centre
	Employment Class	10am – 12pm		
Exercise Class 12.30pm – 1.30pm	9.30am – 12pm @ Chadswell Centre	@ Chadswell Centre		Chinese Lunch Club 12.30pm – 2pm
@ Chadswell	@ Chauswell Centre	Centre		@ Chadswell Centre
Centre	Exercise Class for	Basic Food Parcels		e chadswell centre
	Women 18+	Collection		Traditional Chinese
Chit and Chat	10am – 11am	10am – 12pm		Dress Catwalk
What's App	@ Chadswell Centre	@ Chadswell		1.30pm – 3pm
Welfare Calls		Centre		Chadswell Centre to
11am – 12pm	Exercise Class for	DANAE Lumah Club		Marchmont Centre
Members Welfare	Women 50+ 11am – 12pm	BAME Lunch Club Eat in or Take Away		
Telephone Check-	@ Chadswell Centre	1.30pm – 3pm		
ins	C	@ Chadswell		
2.30pm – 4pm	ESOL Entry Level 1	Centre		
	1.30pm – 3.30pm			
	@ Chadswell Centre	Warm Space Drop-		
	Mental Health /	in Project 3pm – 5pm		
	Dementia	@ Chadswell		
	Wellbeing session	Centre		
	3pm – 4pm			
	@ Chadswell Centre			
	Warm Space Drop-			
	in Project			
	3pm – 5pm			
	@ Chadswell Centre			



Monday 27 th	Tuesday 28 th	Wednesday 29 th	Thursday 30 th
General Advice	General Advice	General Advice	General Advice
Session Telephone	Session	Session Face to	Session Telephone
10am - 12pm	(Telephone and	Face	10am - 1pm
	Face to Face)	10.30am – 12pm	
Sewing Class	10am – 12pm	@ Chadswell	Felix Food project
10am – 12.30pm	@ Chadswell Centre	Centre	1pm – 3pm
@ Chadswell			@ Chadswell
Centre	ESOL and	Basic Maths Class	Centre
	Employment Class	10am – 12pm	
Exercise Class	9.30am – 12pm	@ Chadswell	
12.30pm – 1.30pm	@ Chadswell Centre	Centre	
@ Chadswell			
Centre	Exercise Class for	Basic Food Parcels	
	Women 18+	Collection	
Chit and Chat	10am – 11am	10am – 12pm	
What's App	@ Chadswell Centre	@ Chadswell	
Welfare Calls		Centre	
11am – 12pm	Exercise Class for		
	Women 50+	BAME Lunch Club	
Members Welfare	11am – 12pm	Eat in or Take Away	
Telephone Check-	@ Chadswell Centre	1.30pm – 3pm	
ins		@ Chadswell	
2.30pm – 4pm	ESOL Entry Level 1	Centre	
	1.30pm – 3.30pm		
	@ Chadswell Centre	Warm Space Drop-	
		in Project	
	Mental Health /	3pm – 5pm	
	Dementia	@ Chadswell	
	Wellbeing session	Centre	
	3pm – 4pm		
	@ Chadswell Centre		
	Warm Space Drop-		
	in Project		
	3pm – 5pm		
	@ Chadswell Centre		

SPECIAL EVENTS

Eat Well Pay Less - FREE COURSE

Weekly sessions exploring healthy eating and cost-effective eating and building maths confidence. Enjoy a free delicious lunch and work towards a formal adult numeracy qualification.

Thursdays 28th September – 14th December 10am – 13.30pm

For further information or to register for activities contact us at Chadswell Health Living Centre Harrison Street WC1H 8JE or call 0207 713 5545