



### **KCBNA BAME Community Project Timetable – November 2023**

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

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

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

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

| Monday 27 <sup>th</sup>  | Tuesday 28 <sup>th</sup>   | Wednesday 29 <sup>th</sup>   | Thursday 30 <sup>th</sup>   |  |
|--|--|--|---|--|
| <b>General Advice Session Telephone</b><br>10am - 12pm<br><br><b>Sewing Class</b><br>10am – 12.30pm<br>@ Chadswell Centre<br><br><b>Exercise Class</b><br>12.30pm – 1.30pm<br>@ Chadswell Centre<br><br><b>Chit and Chat What's App Welfare Calls</b><br>11am – 12pm<br><br><b>Members Welfare Telephone Check-ins</b><br>2.30pm – 4pm | <b>General Advice Session (Telephone and Face to Face)</b><br>10am – 12pm<br>@ Chadswell Centre<br><br><b>ESOL and Employment Class</b><br>9.30am – 12pm<br>@ Chadswell Centre<br><br><b>Exercise Class for Women 18+</b><br>10am – 11am<br>@ Chadswell Centre<br><br><b>Exercise Class for Women 50+</b><br>11am – 12pm<br>@ Chadswell Centre<br><br><b>ESOL Entry Level 1</b><br>1.30pm – 3.30pm<br>@ Chadswell Centre<br><br><b>Mental Health / Dementia Wellbeing session</b><br>3pm – 4pm<br>@ Chadswell Centre<br><br><b>Warm Space Drop-in Project</b><br>3pm – 5pm<br>@ Chadswell Centre | <b>General Advice Session Face to Face</b><br>10.30am – 12pm<br>@ Chadswell Centre<br><br><b>Basic Maths Class</b><br>10am – 12pm<br>@ Chadswell Centre<br><br><b>Basic Food Parcels Collection</b><br>10am – 12pm<br>@ Chadswell Centre<br><br><b>BAME Lunch Club Eat in or Take Away</b><br>1.30pm – 3pm<br>@ Chadswell Centre<br><br><b>Warm Space Drop-in Project</b><br>3pm – 5pm<br>@ Chadswell Centre | <b>General Advice Session Telephone</b><br>10am - 1pm<br><br><b>Felix Food project</b><br>1pm – 3pm<br>@ 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 28<sup>th</sup> September – 14<sup>th</sup> 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