

September 2018



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|-----------|---|--|
| <p>3</p> <p>18-30s 4-6 VIBE Campaign MTG TBC Sexual Health Drop in 4-6</p> | <p>4</p> <p>Drop In 10-12 Health Group 11-12 Health Trainer (by Appointment) 11-3 Healthy Relationships 12.30-2</p> | <p>5</p> | <p>6</p> <p>Fusion Group 10-12 50 Plus Coffee Afternoon 1.30-3 Computer Basic Drop in 1-2.30 LASS 6-8</p> | <p>7</p> <p>Drop In 10-12</p> |
| <p>10</p> <p>18-30s 4-6 Sexual Health Drop in 4-6</p> | <p>11</p> <p>Drop In 10-12 Health Group 11-12 Health Trainer (by Appointment) 11-3 Healthy Relationships 12.30-2</p> | <p>12</p> | <p>13</p> <p>Fusion Group 10-12 Computer Basic Drop in 1-2.30</p> | <p>14</p> <p>Drop In 10-12</p> |
| <p>17</p> <p>18-30s 4-6 VIBE Design Meeting TBC Sexual Health Drop in 4-6</p> | <p>18</p> <p>Drop In 10-12 Health Group 11-12 Health Trainer (by Appointment) 11-3 Healthy Relationships 12.30-2</p> | <p>19</p> | <p>20</p> <p>Fusion Group 10-12 Computer Basic Drop in 1-2.30 50 Plus Activity Week 1.30-3</p> | <p>21</p> <p>Drop In 10-12 Energy advice 1-2 Cook & Eat 1.30-3.30</p> |
| <p>24</p> <p>18-30s 4-6 Sexual Health Drop in 4-6</p> | <p>25</p> <p>Drop In 10-12 Health Group 11-12 Health Trainer (by Appointment) 11-3 Healthy Relationships 12.30-2</p> | <p>26</p> | <p>27</p> <p>Fusion Group 10-12 Computer Basic Drop in 1-2.30</p> | <p>28</p> <p>Drop In 10-12</p> |

October 2018



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| 1 18-30s 4-6 VIBE Campaign MTG TBC Sexual Health Drop in 4-6 | 2 Drop In 10-12 Health Group 11-12 Health Trainer (by Appointment) 11-3 Time Management 12.30-2 | 3 | 4 Fusion Group 10-12 50 Plus Coffee Afternoon 1.30-3 Computer Basic Drop in 1-2.30 LASS 6-8 | 5 Drop In 10-12 |
| 8 18-30s 4-6 Sexual Health Drop in 4-6 | 9 Drop In 10-12 Health Group 11-12 Health Trainer (by Appointment) 11-3 Time Management 12.30-2 | 10 | 11 Fusion Group 10-12 Computer Basic Drop in 1-2.30 | 12 Drop In 10-12 |
| 15 VIBE Design Team TBC Sexual Health Drop in 4-6 | 16 Drop In 10-12 Health Group 11-12 Health Trainer (by Appointment) 11-3 Time Management 12.30-2 | 17 | 18 Fusion Group 10-12 Computer Basic Drop in 1-2.30 50 Plus Activity Week 1.30-3 | 19 Drop In 10-12 |
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Courses and Groups

Adults (Over 18)

Computer Basics Drop in: Drop-in support for anyone wanting basic support with computers.

Healthy Relationships: Learn about positive relationships, managing conflict and build awareness around unhealthy behaviours

50 Plus Group: Join us for an informal, social group for all women aged over 50. Monthly coffee morning & group led activity/trip. Call for details.

Drop In: Want to know more about Together Women or have a look round the centre? Drop in for a show round or for practical help making phone calls, benefit applications, filling in forms, IT skills and job searching.

Fusion Group: An informal, interactive, social session for Asylum Seekers, Refugees, and Migrants. Improve English, meet new people and learn about different topics

Health Group: Come along to get advice and tips on a healthier lifestyle with our health trainer

Health Trainer: Book a one to one appointment to create a personalized plan for improving your physical health.

LASS Group: A support group for lesbian, bisexual and queer asylum seekers & refugees.

18-30s: Join us for a cuppa and a chat, meet, eat and socialize.

VIBE (Young Women & Girls aged 12-19)

VIBE Design Team: Want to have your say, help us evaluate the project & help change young women's services? Speak to staff about joining the team.

Sexual Health Drop In: Drop in for free, confidential information about sex & relationships. Pregnancy testing, STI testing and free contraception.

Find us on Social Media     @TWPVIBE