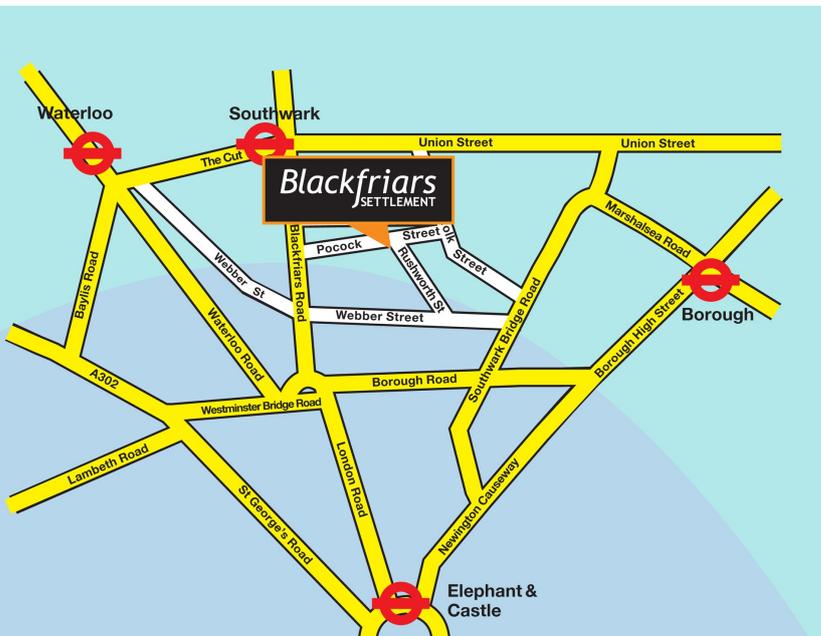


Have another look at..

Blackfriars Settlement **Mental Health & Wellbeing service**

Taster week **March 16 - 19th**

**You are welcome to come along
to our taster week and join any of
our session or workshop.**



How to find us:

Blackfriars Settlement - 1 Rushworth Street London SE1 0RB

Telephone: 0207 928 9521

Buses 45, 63, 100. Get off at Pocock Street Stop on Blackfriars Road

Taster week

March 16 - 19th

Woodwork	Monday & Wednesday 10.30 -12.30am	Learn the safe way to use woodwork tools, strengthen concentration and socialise while you make something with your own hands. Pathway to further education.
Chinese painting	Monday 1.30 - 3.30pm	Learn the brush skills and philosophy of Chinese art, de-stress, (and a chance to socialise).
Information Advice and Guidance	Tuesdays by appointment	Plan your personal development with a qualified IAG worker. Budgeting. Problem solving. Signposting and help with form filling.
UK Online	Tuesday, Wednesday & Thursday 10.30 -12.30am	Register on LearnmyWay to learn basic keyboard skills and then how to become connected and empowered by the internet. Save money by paying bills online. Access information about health, employment and much more...
Image Making	Thursdays (10 sessions) 2.00 - 4.00pm	Learn the basics of graphic design. Build a portfolio for access to mainstream education. A pathway to work experience in our graphic design social enterprise A2P.
Breakfast club	Wednesday 11.00 - 12.30pm	Peer supported discussion and activity planning based on the '5 Ways to Wellbeing'. Make friends. Healthy walking.
Computer access	Wednesday 1.30 - 3.30pm	Book some supported time on one of our computers to do what you want to do.
Art groups	Wednesday & Thursdays 1.30 - 3.30pm	Learn artistic skills, de-stress, discuss art, socialise, visit exhibitions and participate in exhibitions
Mental Health Support Group	Wednesday monthly	Discuss issues around MH with your peers and ways to support each other by exchanging ideas and experiences.
D.I.Y / Home maintenance	Wednesdays (4 sessions) 1.30 - 3.30pm	Learn basic tips for looking after your home. Tutor will help you learn the skills you need.
Healthy Cook and Eat	Wednesdays (10 sessions)	Moving into your first flat? Just want to learn cooking skills? Learn how to cook healthy meals safely.
Soft Crafts	Thursday 10.30 -12.30am	Recover skills in sewing, hand knitting, patchwork and crochet. Friendly chats and making friends.
Social Activities	Wednesdays 3.30 - 6.00pm	Meet people, eat together (meal £2), play games,
Music group	Wednesdays 3.30 - 5.00pm	Make music for fun and learn a tune or 2!
Employability session	Thursdays 10.30 - 12.30pm	Weekly programme of activity and discussion for those who want to have working as a choice in their life.