



MONDAY 28 th Sep St Luke's Church	WEDNESDAY 30 th Sep Fleetville Community Centre	THURSDAY 1 st Oct Fleetville Community Centre
9:30–10:00 am Registration	9:30–10:00 am Registration	9:30–10:00 am Registration
10:00–11:30 am <u>Pickle-Making: A Special Cookery Class</u> Join us for a delicious hands-on session led by our wonderful member Hadjra, who will reveal her special secret recipe for homemade apple pickle. Come along, learn something new and take part in the fun, everything you need will be provided!	10:00–11:30 am Digital Learn how to use the NHS App safely and confidently, including checking health information, managing appointments and ordering repeat prescriptions. Plus: literacy support, arts and crafts, games and puzzles.	10:00–11:30 am Literacy “Word Detective Challenge” Become a word detective! Read each sentence, spot the noun, adjective or verb, and match it to the correct category. This fun challenge builds vocabulary improves sentence understanding and helps learners use different types of words with confidence. Plus: Sewing and Alterations Workshop , digital support, games and puzzles.
10:00 am –12:00 pm Community Kitchen – a warm and friendly space for asylum seekers to cook favourite foods, share cultures and meet, socialise and connect with others.		
11:30 am–12:00 pm Tea break	11:30 am–12:00 pm Tea break	11:30 am–12:00 pm Tea break
12:00–1:00 pm Exercise: Pilates with Rabina	12:00–1:00 pm Exercise: TBC	12:00–1:00 pm Exercise: Resistance training with Rabina
1:00–1:30 pm Friendly catch-up	1:00–1:30 pm Friendly catch-up	1:00–1:30 pm Friendly catch-up

Activities may change. Please check the latest update before attending.