

Training & Skills at the Community Hub

April – July 2018

MONDAY



ENGLISH LANGUAGE (LEADING TO IELTS)

This course will help residents learn how to improve their English, if English is not their first language, and improve communication and confidence skills. Delivered by Ghazala Farnem. Starts 23rd April.

Time: 2:30pm – 4:00pm

TUESDAY



LEARN SALES & MARKETING SKILLS (INCLUDING MONTHLY 'SALES & MARKETING' WORKSHOP)

Sharpen your skills for the job market. If you're looking for work in the Sales & Marketing, Communications, Business or Consultancy sectors, this course can help you. Job offers available upon successful completion.

Time: 10:00am – 12:30pm



ENGLISH SPEAKERS OF OTHER LANGUAGES (ESOL)

If English is not your first language and you want to improve your conversation, listening, writing and reading skills, this class is for you.

Time: 1:00pm – 3:00pm

WEDNESDAY



EMPLOYMENT OPPORTUNITY FOR OVER 50s

Let flexible work find you! Blume finds work for older, experienced people. Work ranges from DIY to mystery shopping and much more besides.

Time: 10:00am – 1:00pm (18th and 25th April only)



WHAT IS BLOCKCHAIN?

Join Leroy Lawson, an Independent Cryptocurrency Distributor, as he talks about Blockchain. Come along to find out more.

Time: 6:30pm – 7:30pm

THURSDAY



HEALTH & SOCIAL CARE/ CHILD CARE (L1 AWARD LEADING TO CERTIFICATE)

NCFE Certificate introduction to Health, Social Care in Adult, Children & Young People settings. Delivered by Metropolitan & Learn Plus.

Time: 9:15am – 2:30pm

FRIDAY



MATHS & ENGLISH (YEARS 4 – 6)

Maths and English tuition to provide extra support to your child's learning. Delivered by Tutors United.

Time: 4:00pm – 6:00pm

WEEK LONG



SECURITY GUARD TRAINING

Acquire an SIA badge within a week and a chance to start a career in the security industry. Delivered by Shield Security.

Time: Monday 28th May to Friday 1st June, 9:00am – 6:00pm each day

Classes are free and begin in the week commencing 16th April unless otherwise stated.

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📱 [/westhendoncommunityhub](https://www.facebook.com/westhendoncommunityhub)

Social & Wellbeing at the Community Hub

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TUESDAY



MINDFULNESS PROGRAMME

Feeling stressed? Come and learn how mindfulness can help you cope with the daily pressures of life. Begins week commencing 7th May. **Time:** 6:00pm – 8:00pm

WEDNESDAY



CONVERSATION CAFÉ

Come and talk to interesting people who will listen intently and help you see your own next step more clearly. **Time:** 9:15am – 10:30am

THURSDAY



SOUL CAFÉ – TEA, COFFEE & CHAT

Drop-in for a chat in the company of Rev'd Candy and other residents of all faiths on the estate. Every 3rd Thursday of the month. **Time:** 7:00pm – 9:00pm

FRIDAY



MEDITATION & DROP-IN MASSAGE

30-60min meditation plus therapeutic chair mini massage (Massage – £3, Meditation – £2). Delivered by Lisa Ellis. **Time:** 1:00pm – 2:00pm



SELF-DEFENCE AND SAFEGUARDING

Coached by Sheikh, a self-defence expert, residents will learn the basics around self-protection. Starts week commencing 23rd April. **Time:** 6:00pm – 8:00pm

SATURDAY



OUR TIME – MUMS & TODS

A time for mums to get together and while having fun with toddlers & exploring new opportunities, hosted by Beatrice Djan. Takes place twice a month – please get in touch for more info. **Time:** 10:15am – 11:45am



NAIL HUB: NAILS, MANICURES, AND PEDICURES

Nail hub – First social enterprise to take place in the hub. Get all your treatments done at a competitive price. Delivered by Yesim Mustafa. **Time:** 12:00pm – 4:00pm

SUNDAY



YOGA

Improve your physical body posture, breathing technique, relaxation and general health. Led by Ghazala Farnem. **Time:** 11:00am – 12:00pm



“WISE & WONDERFUL” WELLBEING DROP-IN

Come along and meet a resident, have a cup of tea and chat. Get involved in various activities like quizzes, music, art and exercises. Led by Tina Brett. **Time:** 12:15pm – 2:15pm



YOUNG PEOPLE'S PROJECT

Summer youth project for ages 9 to 15 years. Come and socialise and learn various skills such as video editing, sound recording and acting. Parents are welcome to come along with children. Led by Janesha Chauhan. **Time:** 2:30pm – 4:30pm

SPECIAL EVENT



CONNECTING NEIGHBOURS - 14TH APRIL

Join residents of West Hendon for another community get together. Bring and exchange items with other residents in a fun and open environment. **Time:** 2:30pm – 4:30pm

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