



Monday	Tuesday	Wednesday	Thursday	Friday
	1 BANK HOLIDAY	2	3 Fusion Group 10-12 50 Plus Coffee Afternoon 1.30-3 LASS 6-8	4 Drop In 10-12 Create 12.30-2.30
7 Sexual Health Drop in 3-5	8 Drop In 10-12 Health Group 11-12 Health Trainer (by Appointment) 11-3 Wild Women (TBC) 12.30-2	9	10 Fusion Group 10-12	11 Drop In 10-12 Create 12.30-2.30
14 WELL Workshop 4-6 Sexual Health Drop in 4-6	15 Drop In 10-12 Health Group 11-12 Health Trainer (by Appointment) 11-3 Wild Women (TBC) 12.30-2 Design Team Meeting 6-7.30	16 50 Plus Activity Week 1.30-3	17 Fusion Group 10-12	18 Drop In 10-12 Create 12.30-2.30
21 WELL Workshop 4-6 Sexual Health Drop in 4-6	22 Drop In 10-12 Health Group 11-12 Health Trainer (by Appointment) 11-3 Energy Advice 11.30-3 Wild Women (TBC) 12.30-2	23	24 Fusion Group 10-12	25 Drop In 10-12 Cook & Eat 12.30-2.30
28 WELL Workshop 4-6 Sexual Health Drop in 4-6	29 Drop In 10-12 Health Group 11-12 Health Trainer (by Appointment) 11-3 Wild Women (TBC) 12.30-2 Design Team Meeting 6-7.30	30	31 Fusion Group 10-12	

February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Drop In 10-12 Create 12.30-2.30
4 WELL Workshop 4-6 Sexual Health Drop in 4-6	5 Drop In 10-12 Health Group 11-12 Health Trainer (by Appointment) 11-3 Wild Women (TBC) 12.30-2 VIBE Design Team 6-7.30	6	7 Fusion Group 10-12 50 plus Coffee Afternoon 1.30-3 LASS 6-8	8 Drop In 10-12 Create 12.30-1.30
11 WELL Workshop 4-6 Sexual Health Drop in 4-6	12 Drop In 10-12 Health Group 11-12 Health Trainer (by Appointment) 11-3 Wild Women (TBC) 12.30-2	13	14 Fusion Group 10-12	15 Drop In 10-12 Create 12.30-1.30
18 WELL Workshop 4-6 Sexual Health Drop in 4-6	19 Drop in 10-12 Health Group 11-12 Health Trainer (by Appointment) 11-3 Wild Women (TBC) 12.30-2 Energy Advice 11.30-3 VIBE Design Team 6-7.30	20 50 plus Activity Week 1.30-3	21 Fusion Group 10-12	22 Drop In 10-12 Cook & Eat 12.30-1.30
25 WELL Workshop 4-6 Sexual Health Drop in 4-6	26 Drop in 10-12 Health Group 11-12 Health Trainer (by Appointment) 11-3 Wild Women (TBC) 12.30-2 Energy Advice 11.30-3	27	28 Fusion Group 10-12	



Courses and Groups

Adults (Over 18)

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.

Cook & Eat: Come along and enjoy preparing and eating a meal (PLEASE RING TO BOOK ON)

Create: Creative activities, cooking, art, crafts, DIY- to name a few

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.

Energy Advice: Come along to our free drop in session and learn how to save money on your energy bills

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.

Wild Women Movement Workshop: Build your confidence, get creative and keep active in a fun, welcoming environment.

WELL Workshop (16-25s)

Women's empowerment, life skills and leadership 6 week workshop including: self-esteem, assertiveness, health, independent living and money management. PLACES LIMITED RING TO BOOK ON.

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