



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Drop in 10-12 Health Group 11-12 Health Trainer 11-3 Healthy Relationships 12.30-2 VIBE Campaign Meeting 6-7.30	2 Mum's Brunch 10.30-12 Drop in 11-12 50 Plus Coffee Afternoon 1.30-3 18-30s 4-6	3 Fusion Group 10-12 Women's Conversation Club 12.30-2.30 LASS 6-8	4 Craft 12-2	5 GEMS Café 12-2.30
7 <b>BANK HOLIDAY</b>	8 Drop In 10-12 Health Group 11-12 Health Trainer 11-3 Healthy Relationships 12.30-2	9 Mum's Brunch 10.30-12 Drop in 11-12 18-30s 1-2.30	10 Fusion Group 10-12 Women's Conversation Club 12.30-2.30	11	12
14 VIBE Create 4-7 Sexual Health Drop in 4-6	15 Drop In 10-12 Health Group 11-12 Health Trainer 11-3 Healthy Relationships 12.30-2 VIBE Design Team Meeting 6-7.30	16 Mum's Brunch 10.30-12 Drop in 11-12 50 plus Activity Week 1.30-3	17 Fusion Group 10-12 Women's Conversation Club 12.30-2.30	18 Craft 12-2	19
21 VIBE Create 4-7 Sexual Health Drop in 4-6	22 Drop In 10-12 Health Group 11-12 Health Trainer 11-3 Healthy Relationships 12.30-2	23 Mum's Brunch 10.30-12 Drop in 11-12 18-30s 1-2.30	24 Fusion Group 10-12 Women's Conversation Club 12.30-2.30	25 Coffee Social 12-2	26
28 <b>BANK HOLIDAY</b>	29 Drop In 10-12 Health Group 11-12 Health Trainer 11-3	30 Mum's Brunch 10.30-12 Drop in 11-12	31 Fusion Group 10-12		



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Cook & Eat 12-2  VIBE Film Night 4-7	2 GEMS Café 12-2.30
4 VIBE Create 4-7 Sexual Health Drop in 4-6	5 Drop In 10-12 Health Group 11-12 Health Trainer 11-3 Computer Basic Dropin 12.30-2 VIBE Campaign Meeting 6-7.30	6 Mum's Brunch 10.30-12 50 Plus Coffee Afternoon 1.30-3 Drop in 11-12	7 Fusion Group 10-12 Women's Conversation Club 12.30-2.30 LASS 6-8	8 18-30's 12-2	9
11 VIBE Create 4-7 Sexual Health Drop in 4-6	12 Drop In 10-12 Health Group 11-12 Health Trainer 11-3 Computer Basic Drop in 12.30-2	13 Mum's Brunch 10.30-12 Drop in 11-12	14 Fusion Group 10-12 Women's Conversation Club 12.30-2.30	15 Cook & Eat 12-2	16
18 VIBE Create 4-7 Sexual Health Drop in 4-6	19 Drop In 10-12 Health Group 11-12 Health Trainer 11-3 Computer Basic Dropin 12.30-2 Energy Advice 12.30-2 VIBE Design Team Meeting 6-7.30	20 Mum's Brunch 10.30-12 Drop in 11-12 50 Plus Activity Week 1.30-3	21 Fusion Group 10-12 Women's Conversation Club 12.30-2.30	22 18-30's 12-2	23
25 VIBE Create 4-7 Sexual Health Drop in 4-6	26 Drop In 10-12 Health Group 11-12 Health Trainer 11-3 Computer Basic Drop in 12.30-2	27 Mum's Brunch 10.30-12 Drop in 11-12	28 Fusion Group 10-12 Women's Conversation Club 12.30-2.30	29 Coffee Social 12-2  VIBE Film Night 4-7	30

## 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.

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

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: 'You've got the Power' energy saving workshop.

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

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

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.

Massage Tasters: An opportunity to receive a free 15 minute massage by a qualified practitioner.

Mums Brunch: An informal weekly group for mums/guardians to bring their small children, meet other women and take part in various activities. FREE BRUNCH

Women's Conversation Club: A friendly conversation club for refugees and asylum seekers.

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

### VIBE (Young Women & Girls aged 12-19)

Film Night: Come along to our monthly film nights and chill out with a film picked by you! Drinks & snacks included.

GEMS Café: Hang out with friends at our Girls Eat & Meet Saturdays. Grab something to eat from our low cost menu and relax in our girl's only space..

VIBE Create: Drop in any time for creative activities, cooking, art, crafts, DIY- to name a few or just hang out

VIBE Drop in: Drop in anytime to come and look round the Centre, learn how to get involve or chat to a worker for support.

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