



TWP BRADFORD ACTIVITY TIMETABLE

December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3rd	4th	5th	6th	7th
<p>9:30 – 10:30 Daughters of Eve</p> <p>12:30pm – 4pm Counselling</p>	<p>10am – 2pm Health Screening</p> <p>10am – 11am Healthy Relationships 1</p> <p>11.30am – 12.30pm Right Track (Budgeting Session)</p>	<p>10am – 12pm Makin Dixon Solicitors</p> <p>11:00 – 12:00 Health Walk</p> <p>11am – 12.00pm CRC Group Induction</p> <p>1pm – 4 pm Alcohol/drug Advisor(CGL)</p>	<p>10 am – 12 pm Knit and Natter</p> <p>11am – 1pm Women's Aid</p> <p>1pm – 4pm Job Centre Plus</p> <p style="color: green;">ALL DAY EVENT-Pay as you feel Mini Market</p>	<p>10.30am – 12:00pm Christmas Crafts</p> <p>12.30pm – 2pm Peace of Mind</p> <p>2:30pm – 4:30pm Counselling</p>
10th	11th	12th	13th	14th
<p>9:30 – 10:30 Daughters of Eve</p> <p>12:30pm – 4pm Counselling</p> <p>1pm – 2pm Confidence Building Session 1</p>	<p>10am – 2pm Health Screening</p> <p>10am – 11am Healthy Relationships 2</p> <p>11.30am – 12.30pm Right Track (Introduction)</p>	<p>11:00 – 12:00 Health Walk</p> <p>11am – 12.00pm CRC Group Induction</p> <p>1pm – 4 pm Alcohol/drug Advisor(CGL)</p>	<p>10 am – 12 pm Knit and Natter</p> <p>1pm – 4pm Job Centre Plus</p> <p style="color: green;">ALL DAY EVENT-Pay as you feel Mini Market</p>	<p>10.00am – 11:00am Christmas Crafts</p> <p style="text-align: center; color: red; font-weight: bold;">Closed from 11:00am</p>
17th	18th	19th	20th	21th
<p>12:30pm – 4pm Counselling</p> <p>1pm – 2pm Confidence Building Session 2</p>	<p>10am – 2pm Health Screening</p> <p>10am – 11am Healthy Relationships 3</p> <p>11.30am – 12.30pm Right Track (Domestic Abuse)</p>	<p>10am – 12pm Makin Dixon Solicitors</p> <p>11:00 – 12:00 Health Walk</p> <p>11am – 12.00pm CRC Group Induction</p> <p>1pm – 4 pm Alcohol/drug Advisor(CGL)</p>	<p style="color: blue; font-weight: bold;">Christmas Party</p> <p style="color: blue; font-weight: bold;">11:00am – 1:00pm</p> 	<p>10.30am – 12:00pm Christmas Crafts</p> <p>12.30pm – 2pm Peace of Mind</p> <p>2:30pm – 4:30pm Counselling</p>
24th	25th	26th	27th	28th
	<p style="color: red; font-weight: bold; font-size: 1.2em;">Closed for Christmas Day</p> 	<p style="color: red; font-weight: bold; font-size: 1.2em;">Closed for Boxing Day</p>	<p>10 am – 12 pm Knit and Natter</p> <p style="color: green;">ALL DAY EVENT-Pay as you feel Mini Market</p>	<p>12.30pm – 2pm Peace of Mind</p> <p>2:30pm – 4:30pm Counselling</p>
31st				
<p>12:30pm – 4pm Counselling</p> <p>1pm – 2pm Confidence Building Session 3</p>				

CURRENT ACTIVITIES	DESCRIPTION
Pay as you feel Mini Market	Fresh fruit, veg and food at a pay-as-you-feel price. Help yourself to what we have on offer and bring your friends and family along. Provided by Inn Churches and TWP.
Healthy Living Event	Healthy living event is to promote self-care, positive thinking, healthy eating and physical activity. Come join us, free facials, nail pampering sessions and dance.
Alcohol & drug Adviser/CGL Sessions	Provided by the Piccadilly Project to offer general information, brief interventions and ongoing 1:1 support, for any woman affected by their own or someone else's alcohol or drug use. Women can also attend as part of their Alcohol Treatment Requirement (ATR).
Job Centre Plus	Advice on how to write CVs, job search, building confidence, individual job advisor. .
Legal Advice (Switalski 's /Makin Dixon)	1:1 session with Switalski's or Makin Dixon Solicitors discussing family law, child protection and any other legal proceedings.
Peace of Mind	1:1 confidential advice from the NHS City Mental Health Team, with self-help exercises. Topics could include panic, stress, sleep, depression, self-esteem, self-harm and healthy eating.
Confidence and Self-Esteem Building Course	3week course to improve their confidence. Sessions about healthy relationships, motivation & success, and combating negative thoughts & anxiety.
Knit and Natter	Run by the Soroptomists ! Learn basic knitting techniques. Make your own arts, blankets and bunting for your house and help us make display pieces for the Centre. If you have a hobby bring it in and share it with this social group ☺
Counselling Sessions	1:1 confidential person-centred counselling for our customers.
Anger Management	6 week course. Recognising and controlling anger, effect on relationships, and alternative methods to cope with frustration.
Health Screening	Health Champions will assess your physical health and screen you for various illnesses and cancers.
Right Track	A 6 week course looking at a different topic each week and relating it back to offending. Money Management, Healthy relationships, Self-Esteem , Managing Emotions, Substance Abuse.
Healthy Relationships	For those who have experienced domestic abuse. Spot the controlling behaviours and build more equal, healthy relationships.
Health Walk	Led by Hafsa. Health walks around the local area. Please wear suitable clothing, bring lunch and a water bottle.
Women's Aid	Offering advice and information about escaping domestic violence, emergency accommodation and staying safe.
Cyrenians	Cyrenians offer a housing drop in for those who are homeless or have difficulties with housing after being in prison.
Mentor Training	Free training to be a mentor with TWP women. Learn about our policies and how you can motivate other women through supporting them to attend groups or having one-to-one sessions with them to build their confidence and self-esteem.
Daughters of Eve	A social group to share healthy recipes, meditation, learning about self-massage and promoting self-care.
Coffee and Cake!	Come to Together Women for a chat, a hot drink and some cake! The more the merrier.
Christmas Crafts	Make Christmas decorations and presents for your loved ones!
Christmas Party!	A little party organised by the Soroptomists to celebrate Christmas. Children are welcome.



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