







Birmingham Settlement – Kitts Green Community Hub Weekly Programme

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Women's Coffee & Conversation 10am – 12pm</p> <p>A coffee morning for women of all ages to come together, chat and learn.</p> <p>Term Time Only</p> <p>FREE Refreshments</p> 	<p>Ageing Well 10am – 12pm</p> <p>A FREE coffee morning aimed at people over 50.</p> <p>A chance to meet other people, make friends and take part in activities and learn new skills</p> <p>FREE Refreshments</p> <p>Tai Chi 12pm – 1pm</p> <p>Free Tai Chi (for adults over 50) can help to improve balance, posture, reduce stress and general mobility.</p> <p>This class is suitable for beginners and those with reduced mobility.</p> <ul style="list-style-type: none"> Tai Chi can <ul style="list-style-type: none"> Effectively reduces stress. Provides overall pain relief. Improves feeling of well-being. <ul style="list-style-type: none"> Improves flexibility. Lowers blood pressure. <p>Learn My Way 1pm – 3pm</p> <p>Learn how to use the internet</p>  <p>Free courses on using a computer, browsing the web, sending an email and finding work online.</p>	<p>Yoga 10.30am – 11.30pm</p> <p>Free Yoga for everyone.</p> <p>A fun and energising yoga class to help you refresh your mind, body and soul.</p>  <p>FREE refreshments between 11.30am – 12.30pm for all participants</p> <p>Mini Settlers Stay & Play 1pm – 3pm</p> <p>BRING YOUR LITTLE ONES FOR SOME PRE SCHOOL FUN!</p> <p>An opportunity for parents and carers to spend some quality playtime with their pre-school children in a safe and friendly environment.</p> <p>FREE refreshments and healthy snacks for your children.</p>  <p>Starts Wednesday 6th June</p>	<p>Talking Together ESOL 10am – 12.30pm</p> <p>For women whose first language is not English.</p> <p><i>This class is not accredited and is aimed at women pre entry level.</i></p> <p>Term Time Only</p> <p>Please call in for more information.</p> <p>Talking Together Coffee Hour 12.30pm – 1.30pm</p> <p>An opportunity for women whose first language is not English to get together to socialise and practice their English.</p> <p>Free refreshments</p> <p>Job Club 2pm – 4pm</p> <p>Unemployed? Come along to Job Club. We can provide Internet Access and Printing facilities.</p> <p>Plus, support to create a CV, how to look for work and apply for jobs. We can also support you to access Learn My Way's Job Searching Online course.</p> 	<p>Employability Workshops 10am – 12pm</p> <p>Are you out of work, at risk of redundancy or looking for a career change?</p> <p>Our employability workshops are designed to help you find work or get back in to employment quickly.</p> <p>Workshops include: CV Skills Interview Skills Finding Employment Confidence Building</p> <p>Please call in for further information and to book your place.</p>  <p>A Bridge to Volunteering 1.30pm-3pm</p> <p>Training and support sessions for local residents who want to be more active in their community and explore our Champions 4 Skills programme.</p> <p>Please call in for more information.</p> <p>FREE refreshments</p>