

COMMUNITY CONNECT TIMETABLE

TUESDAY

- **ESOL Pre-Beginners 10:00 - 12:00**
English lessons for speakers of other languages.
- **Craft & Stitch 10:00 - 12:00**
A session for women, using crafts and fabrics to make new creations.
- **Free Community Lunch 12:00 - 12:30**
For all our Lighthouse Community.
- **Sharing Stories 12:30 - 13:30**
A chilled social activity, for speakers of other languages, to read and talk about simple short stories to improve conversation skills.
- **Drama Improv 13:30 - 14:30**
A session to build confidence, reduce stress, full of fun and laughter.

- ADULTS ONLY
- PARENTS/CARERS WITH SMALL CHILDREN
- EVERYONE
- ADULTS (BABIES IN PRAMS WELCOME)

COMMUNITY CONNECT TIMETABLE

WEDNESDAY

- **ESOL Beginners 10:00 - 12:00**
English lessons for speakers of other languages.
- **Enjoy Nature 10:00 - 12:00**
A Eco/nature session for you to learn about planting, maintaining plants/veg/herbs and getting out into nature.
- **Creative Writing 10:00 - 12:00**
A fun writing workshop for you to be creative, using different styles of creative writing, designed to fit in with your interests and life experiences. All levels welcome.
- **Tot Art 11:00 - 12:00**
A session to introduce different arts/crafts to encourage creativity, fun and a bonding time for you and your child (0-4 yrs).
- **Free Community Lunch 12:00 - 12:30**
For all our Lighthouse Community.
- **Food Pantry 12:30 - 14:00**
Subsidised food pantry.
- **Create Art 12:30 - 14:00**
A session to introduce you to different types of arts/crafts from across the world. Encourages creativity and conversation.

COMMUNITY CONNECT TIMETABLE

THURSDAY

- **ESOL - entry level 3 (GESE) 10:00 - 13:00**
English lessons for speakers of other languages.
- **Sew & Co 10:00 - 12:00**
A practical and creative session to learn basic sewing techniques and recycle and up-cycle clothes and fabrics into new creations.
- **Enjoy Music 11:30 - 13:00**
A fun and chilled session listening to and discussing music, chosen by you, in our studio space.
- **Free Community Lunch 13:00 - 13:30**
For all our Lighthouse Community
- **Cooking for Wellbeing 13:30 - 14:30**
A social relaxed session to cook a new recipe together each week.

*** ALL ACTIVITIES ARE FREE ***

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