

COMMUNITY CONNECT TIMETABLE

TUESDAY

● **Managing Anxiety 10:00 - 11:30**

Tips/techniques to help manage anxiety, deal with stress and develop coping mechanisms in a fun and gentle manner.

● **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.

● **Men's Games 12:30 - 13:30**

A chilled social activity with a range of active games/board games to connect with others.

● **Singing for Wellbeing 12:30 - 13:30**

Boost your wellbeing with a communal sing. All voices welcome.

● **ESOL-entry level 3 (GESE) 12:30 - 14:30**

English lessons for speakers of other languages.

● **Drama Improv 13:30 - 14:30**

A session to build confidence, reduce stress and encourage fun and laughter.

● **Music/Story Time 13:30- 14:30**

A happy creative hour of stories, music and songs for your little ones to enjoy (0 to 4 yrs).

● **Youth Creative Lighthouse 16:00 - 18:45**

Drama and Music for 8- 11 yrs & 11 - 13 yrs

COMMUNITY CONNECT TIMETABLE

WEDNESDAY

● **Cooking for Wellbeing 10:00 - 12:00**

A social relaxed session to cook a new recipe together each week.

● **ESOL Beginners 10:00 - 12:00**

English lessons for speakers of other languages.

● **Tot Art 11:00 - 12:00**

A session to introduce your toddlers to different art/crafts, to encourage creativity, fun and a bonding experience for you and your child.

● **Free Community Lunch 12:00 - 12:30**

For all our Lighthouse Community

● **Create Art 12:30 - 14:00**

A session to introduce you to different types of art/craft from across world. Held in our café area and encourages creativity and conversation.

● **Bliss Pantry 12:00 - 14:00**

Subsidised Community Food Pantry.

● **Relaxation 14:15 - 14:45**

A session to relax and de-stress through a mindful meditation exercise, you deserve it.

● **Youth Creative Lighthouse 17:00 - 19:30**

Drama and Music Production for 14 - 18 year olds

● ADULTS ONLY

● EVERYONE

● PARENTS/CARERS WITH CHILDREN

● ADULTS (BABIES IN PRAMS WELCOME)

COMMUNITY CONNECT TIMETABLE

THURSDAY

● **ESOL-entry level 3 (GESE) 10:00 - 13:00**

English lessons for speakers of other languages.

● **Sew & Co 11:00 - 13:00**

A practical and creative session to learn basic sewing techniques and recycle and up-cycle clothes and fabrics into new creations.

● **Free Community Lunch 13:00 - 13:30**

For all our Lighthouse Community

● **Enjoy Music 13:30 - 14:30**

A fun and chilled session listening to and discussing music, chosen by you, in our theatre space.

COMING SOON

● **Mum and Baby - Move and Relax**

● **Performance Group (advanced)**

● **Write to Work led by "Writing on the Wall"**

6 wk course starting Wed 9th Nov 2022