

RED: Women focused activities BLUE: Men focused activities GREEN: Training BLACK: IAG support PURPLE: Upcoming Events BROWN: over 50's social
 PLEASE NOTE, NOT ALL OUR ACTIVITIES, GROUPS AND CLASSES ARE BASED AT OUR OFFICE – (ACTIVITIES IN BOLD ARE BASED ELSEWHERE)

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p>Appointment based Employability IAG one to one support 10am – 12pm 12.30pm – 3pm</p> <p>Support with Cultural Integration Class 9:30am – 11:30am</p> <p>Sewing Class (for Asylum Seekers and Refugees) 12.30pm – 2:30pm</p> <p>Everyday English – Entry 1 12:30pm – 2:30pm</p> <p>Boys Youth Group (Time depending on Activity)</p>	<p>Appointment based Employability IAG one to one support 10am – 12pm 12.30pm -23pm</p> <p>‘Let’s Learn Together’ English Language Support Group 10am-12pm</p> <p>Upcoming Women’s Wellbeing Sessions (Coffee Morning)</p> <p>Women’s Swimming classes 11:30am – 12:30am</p>	<p>Appointment based Employability IAG one to one support 10am – 12pm 12.30pm – 3pm</p> <p>Chai and Chat group (+50 year olds) 11am-1pm</p> <p>Conversational English – Entry 1 12:30pm-2:30pm</p> <p>Upcoming Bangla Universal Credit and Job Search Support Group – register interest</p>	<p>Appointment based Employability IAG one to one support 10am – 12pm 12.30pm – 3pm</p> <p>Upcoming ‘Understanding Life in the Uk’ Class 10am – 12pm</p> <p>Adult Care Level 1 and 2 12.30pm-2.30pm</p> <p>Men’s Chill & Chat 1pm – 3pm</p> <p>Network Aspire young girls group 5pm – 7pm (Time depending on Activity)</p>	<p>Mummy and Me Playgroup: 10am – 12pm</p> <p>Access to Services 10am – 12pm</p> <p>Upcoming Advocacy Training register interest 1pm – 3pm</p>

Mental Health Support available. Our support is professional and confidential. We are here to support you. Contact us on 0191 427 66 11 or Info@crest.uk.com

Additional Services :

Volunteer forum support group Bereavement support

Employability training support Confidence building

Boy’s Youth Group Listening Ear

School Holiday Clubs

Contact CREST on 0191 427 6611 or info@crest.uk.com for more information

What’s on at CREST

