



# Autumn Activity Sessions 2018

our activity sessions are open to anyone who is rough sleeping, moved into a new tenancy or hostel, or supported by us. Just drop in and join in!

## Monday:

**Bingo: 10.00am - 12.00pm**

Win prizes with Michael from VOW, Voices of The Whitechapel Centre, service user group. Afterwards there will be an opportunity to share your views on the services provided by The Whitechapel Centre.

## Tuesday:

**Doctor: 8.30am - 10.00am**

For anyone rough sleeping who is not registered with a GP.

**Pharmacist: 9.30am - 11.30am**

For advice regarding medication, prescribed or otherwise.

**Football: 9.45am - 12.00pm**

Meet at The Whitechapel Centre for five-a-side football training and games at The Pitz.

**Solicitor: 10.00am - 12.00pm**

Need help with a legal problem? For free legal advice pop in to see James and Philip from LLM Solicitors.

**Arts & Design: 10.00am - 12.00pm**

Join Lois for a morning of painting, drawing or crafts.

**Photography: 10.00am - 12.00pm from 25 September 2018.**

Develop your interest and skills in digital photography. Suitable for all levels.

## Wednesday:

**Optician: 9.30am - 10.30am**

Free eye tests and prescription service.

**Arts & Crafts : 10.00am - 12.00pm from 4 October 2018.**

A fun creative art session where you can experiment with & develop new skills.

**Addaction: 12pm - 2pm**

## Thursday:

**Addaction: 9am - 11am**

**Bingo: 1.00pm - 3.00pm**

Win prizes with Michael from VOW, Voices of The Whitechapel Centre, service users group. Afterwards there will be an opportunity to share your views on the services provided by The Whitechapel Centre.

**Music: 3.00pm - 5.00pm from 26 September 2018.**

Everyone is welcome to join Tony to sing, play or write. Suitable for all levels.

## Friday:

**Addaction: 12pm - 4pm**

**Community Litter Picking 12.30pm - 1.30pm**

Our Voices of The Whitechapel Centre service users group will be leading our Everton Park litter pick to help keep our neighbourhood tidy.