



Summer Activity Sessions 2019

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: 10.30am - 11.45pm

Win prizes with Michael from VOW service user group. An opportunity to share your views on the services provided by The Whitechapel Centre.

Sing-a-Long group: 1.30pm - 2.30pm

Carole and Glen provide a sing-a-long session with Carole playing the guitar.

Tuesday:

Doctor: 9am - 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 - 12.30am Meet at the centre.

Solicitor: 10.00am - 12.30pm

For free legal advice pop in to see James Phillips from LLM Solicitors.

Digital Photography: 10.00am - 12.00pm

Develop your interest and skills in digital photography.

Pre-Volunteering: 1.30pm - 3.30pm

If you are interested in volunteering come and learn what skills are involved.

HOTS "shared experience" group session: 2pm - 3.30pm

A chance to discuss mental health experiences with the Homeless Outreach Team

Wednesday:

Optician: 9.30am - 11am Free eye tests and prescription service.

HOTS team: 9am - 12pm Mental health drop-in with Homeless Outreach Team

Addaction Drop In: 12.30pm - 4pm

For advice on drug or alcohol issues, testing clinic and needle exchange.

Thursday:

Yoga: 10am - 12pm Stretch and relax with Crisis

Bingo: 1.30pm - 3pm Win prizes with Michael from VOW service user group.

Service User & staff meeting: 3pm Last Thursday of the month

Service users and staff discussing ways to change and improve the service

Armistead: 2pm - 4pm, every other week Drop In clinic for blood borne virus testing.

Friday:

Art : 10am - 12pm Join Lois for a morning of painting, drawing or crafts.

Addaction Drop In: 12.30pm - 2pm

For advice on drug or alcohol issues, testing clinic and needle exchange.

HOTS team: 1.30pm - 3.30pm Mental health drop-in with Homeless Outreach Team

Arts & Crafts: 2pm - 4pm

Join the VOW members keeping our neighbourhood clean. Small reward to participants.

Sunday:

Karaoke: Last Sunday of the month

Join Michael on our karaoke machine. All welcome.