

# FAMILY SUPPORT HUB

JANUARY AND FEB 2025

If you would like us to facilitate a workshop with a particular focus, please contact Family Support and we can discuss. Family support contact 01132760771 option 3

## Long Term Courses

ESOL class with Mrs Ahmed every Monday 9am in the community room– All welcome

Family Cooking club starts 29/01 Wednesday 1.30pm. All places have been taken . Waiting list now

## Coffee Morning's

- \* Thursday 30/01 9am Global Café– Helping to connect
- \* Tuesday 04/02 9am Tea and Chat –Offering Blood Pressure checks with Asha
- \* Tuesday 13/02 9am Bushcraft morning with Male carers/Dads

