

	Programme	Time	Description	Cost
Monday	Information & Advice	By appointment	Welfare benefits, housing etc.	0207 3869 085
	Computer training	By appointment	Computer & Internet training with tutor.	Free
	Let's Paint – Art Class	11:00 – 12.30	Centre ONLY - Painting with tutor.	Free
	Social Lunch Club	1:00	Home cooked 2 course meal.	£4.50
	Breathe and Relax	2.00 – 3.00	Learn to reduce anxiety & stress.	£3
Tuesday	Information & Advice	By appointment	Welfare benefits, housing etc.	0207 386 9085
	Computer training	By appt	Computer training with tutor.	Free
	Strong and Supple	10:00 – 11:00	Seated exercise with tutor. In Centre and online via Zoom.	£3
	Acupuncture Treatment	11:00– 1:00	Call to book- 30 min appointment	£20
	Social Lunch Club	1:00	Home cooked 2 course meal.	£4.50
	Love Music Social	2:00– 3:00	Listen to & discuss chosen songs.	Free
Wednesday	Shopping Trip	Home pickup	Sainsbury/Tesco/Asda	£3 to book
	Information & Advice	By appointment	Welfare benefits, housing etc.	0207 386 9085
	Computer training	By appointment	Computer & Internet training with tutor.	Free
	Gentle Yoga	11:00 -12:00	Yoga chair exercise with tutor. In Centre ONLY.	£2 donation
	Shiatsu	11:00 – 1:00	Pressure points massage 20 mins.	Free
	Reading Group	11.30 – 1:00	Discussing author's works. In Centre & online via Zoom.	Free
	Social Lunch Club	1:00	Home cooked 2 course meal.	£4.50
	Fulham FC social club	2:00 – 3.30	Social club with games /quizzes. In Centre and online via Zoom.	Free
Thursday	Shopping Trip	Home pickup	Sainsbury/Tesco/Asda	£3 to book
	Information & Advice	By appointment	Welfare benefits, housing etc.	0207 386 9085
	Computer training	By appointment	Explore the internet with tutor.	Free
	Joints, Ligaments & Strength	11:00 – 12:00	Seated exercise with tutor. In Centre and online via Zoom.	£3
	Social Lunch Club	1:00	Home cooked 2 course meal.	£4.50
	Documentary Film	2:00- 3:00	Short documentary cinema.	Free
Friday	Shopping Trip	Home pickup	Sainsbury /Tesco/Asda	£3 to book
	Foot Care	11:00 – 3:00	Call to book 0203 794 5488	From £20
	Information & Advice	By appointment	Welfare benefits, housing etc.	0207 386 9085
	Computer training	By appointment	Computer & Internet training with tutor.	Free
	Gentle Yoga	10:30 -11:30	Yoga chair exercise with tutor	£2 donation
	Sewing Group	11:00 – 1:00	2 machines available.	Free
	Social Lunch Club	1:00	Home cooked 2 course meal.	£4.50
	Bingo	2:00– 3:30	In Centre & online via Zoom	£1

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		BASIC	ENHANCED	
AT HOME	Internet advice	✓	✓	
	Information & advice phone support	✓	✓	
	Digital Skills phone support	✓	✓	
	Befriending (In-person and telephone)	✓	✓	
	Practical Help- gardening, escorting, errands	1st time	✓	
	Practical befriending- weekly shop & a chat	1st time	✓	
	ACTIVITY CENTRE	*Footcare	1st visit	✓
*Lunches		1st visit	✓	
*Classes & Activities (art, music, BINGO, etc)		1st visit	✓	
*Gentle Exercise (yoga, strong & supple, etc)		1st visit	✓	
Information & advice- in person appointment		1st visit	✓	
Access to Digital Resources		1st visit	✓	
Digital skills appointments		1st visit	✓	
*Treatments (shiatsu, acupuncture, etc)		1st visit	✓	
Special events (Talks & *Seasonal Parties)		1st visit?	✓	
Free tea & coffee		✗	✓	
OUT & ABOUT		*Mini-Bus Shopping Trips	✗	✓
		*Day Trips (culture, social, nature)	✗	✓

***Subsidised paid for activities- See reverse for details**

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