

SHELL Centre 1

Spring 2020 Timetable



Linnell House, Boundary Road, London NW8 0HS
Tel: 020 7372 7021 / 07845448840

www.shakonline.co.uk

MONDAY	Preparing for Employment <i>Drop-in support for job seekers- CV writing, UJM, online search, interview skills & confidence</i> 10am – 12pm
TUESDAY	Preparing for Employment 10am – 12pm
WEDNESDAY	Computer Skills For Work And Life <i>Drop-in support for beginners – learn the basics of computers for work or fun!</i> 10am – 12pm
THURSDAY	English with Computers <i>Drop-in support for people wanting to improve their English and learn how to use Computers</i> 10am – 12pm
FRIDAY	Computer Skills For Work And Life 10am – 12pm

Please turn over to see the Spring 2020 timetable for SHELL CENTRE 2

Train stations: South Hampstead Overground, Kilburn Park, Swiss Cottage. **Buses:** 31, 139 & 189. **All our courses, workshops, classes and activities are FREE for local residents!** To find out more, please call 02073727021 or email shell@shakonline.co.uk



The South Hampstead And Kilburn
Community Partnership



SHELL Centre 2

Spring 2020 Timetable



SHELL CENTRE 2
 Fielding House, Boundary Road, London NW8 0HU
 Tel: 020 7372 7021 / 07845448840

www.shakonline.co.uk

MONDAY	<p>Healthy Eating Sessions <i>Learn how to make simple healthy dishes following Eat Well Guide</i> 1pm- 3pm 13th Jan, 20th Jan, 27th Jan, 3rd Feb, 10th Feb 2020 2nd Mar, 9th Mar, 16th Mar, 23rd Mar, 30th Mar 2020</p> <p>Tai Chi 1pm - 2.30pm (Tenants Hall) Rowley Way Tenants Hall 52 Boundary Road NW8 0SL</p>
TUESDAY	<p>English for Everyday Essential reading, writing, speaking and listening skills at Entry 1 and Entry 2. 10am – 12pm</p>
WEDNESDAY	<p>Over 50's Social Club <i>Games, films, trips and activities</i> 1pm – 3pm</p>
THURSDAY	<p>Health & Wellbeing Cafe (Cultural Advocacy Project) <i>Raising awareness and promoting good mental health and wellbeing. Share/listen to experiences in a friendly and welcoming group. Free Refreshments!</i> 10.30am - 12.30pm Starting 27 th Feb 2020</p>
FRIDAY	<p>'Talk English' <i>Fun and social group to learn English and meet new people. Pre-entry level.</i> 10am – 12pm Contact us to register your interest</p>