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| **SHELL Centre 1**  **Spring 2021 Timetable**    **Linnel House, Boundary Road, London NW8 0HS**  **Tel: 020 7372 7021 / 07845448840**  [www.shakonline.co.uk](http://www.shakonline.co.uk) **email:** **shell@shakonline.co.uk** | |
| **MONDAY** | **Preparing for Employment**  *Remote Support for job seekers- CV writing, online search, interview skills & confidence.*  10am – 12pm\*\*\*Please call or email to register\*\*\* |
| **TUESDAY** | **Preparing for Employment**  10am – 12pm  **Q&A About Preparing for Employment**  1pm – 2pm Via Zoom \*\*\*Please call or email to register\*\*\* |
| **WEDNESDAY** | **Computer Skills For Work And Life**  *Remote Support for beginners – learn the basics of computers for work or fun!* 10am – 12pm  **CV Writing**  1pm – 2pm Via Zoom\*\*\*Please call or email to register\*\*\* |
| **THURSDAY** | **Interview Skills**  1pm – 2pm Via Zoom\*\*\*Please call or email to register\*\*\* |
| **FRIDAY** | **Computer Skills For Work And Life**  10am – 12pm\*\*\*Please call or email to register\*\*\* |

**\*\*\*Please turn over to see the Spring 2021 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 0207372702 or email** [**shell@shakonline.co.uk**](mailto:shell@shakonline.co.uk)

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| **SHELL Centre 2**  **Spring 2021 Timetable**    **SHELL CENTRE 2**  **Fielding House, Boundary Road, London NW8 0HU**  **Tel: 020 7372 7021 / 07845448840**  [www.shakonline.co.uk](http://www.shakonline.co.uk) | |
| **MONDAY** | **Online Healthy Eating Sessions**  *Learn how to make simple healthy dishes on a budget following Eat Well Guide*  11am – 12pm starting 18th Jan 2021  \*\*\*Please call or email to register\*\*\* |
| **TUESDAY** | **Online English for Everyday E1, E2**  10am – 12pm  **Tai Chi via Zoom**  10am – 11am\*\*\*Please call or email to register\*\*\* |
| **WEDNESDAY** |  |
| **THURSDAY** | **Health & Wellbeing Cafe (Cultural Advocacy Project)**  *Raising awareness and promoting good mental health and wellbeing.*  *Share/listen to experiences in a friendly and welcoming group.*  Online 11am - 12pm \*\*\*Please call or email to register\*\*\*  **SHAK Chef**  Collect ingredients from us, Learn fun and simple recipes to cook with your family, Learn how to reduce waste and cook on a budget, Watch our cooking videos and share yours.  Online 3.30pm – 4.30pm \*\*\*Please call or email to register\*\*\* |
| **FRIDAY** |  |

