

May Activities Calendar, 6-9 Manor Gardens, N7 6LA

MONDAY

11:00-12:30	Women's Crafting Class (Room 9 Ground Floor) Drop in A Safe and welcoming space to get creative and enjoy relaxing conversations.
12:30-14:00	Family ESOL classes (Room 9 Ground Floor) BOOKING REQUIRED English learning with Islington adult community learning tutors.
14:00-15:30	Drumming for anxiety class starting on the 13th (Room 8 Ground Floor) BOOKING REQUIRED Learn basic drumming techniques and how to combat anxiety with a professional tutor.

TUESDAY

11:00-12:00	Reading for Wellbeing (Room 9 Ground Floor) Practise your English through reading of fiction, positive news publications & poetry.
15:00-17:00	LGBTQIA+ support group (Room 9 Ground Floor) BOOKING REQUIRED Peer support & wellbeing for the LGBTQIA+ community in a safe, confidential space.

WEDNESDAY

10:30-12:30	Coffee Morning (Training Room, 10 Manor Gardens) Drop in Join us for conversations around wellbeing, information and support.
11:00-12:00	Food Co-operative and community sharing space (Room 9 Ground Floor) A community co-op with surplus food for local residents for £3 per week.
13:00-14:00	CHAIR YOGA (ROOM 8 GROUND FLOOR) DROP IN Gentle chair-based exercise for wellness.

THURSDAY

11:30-13:00	English Reading helper for beginners (Room 9 Ground Floor) BOOKING REQUIRED Practise English speaking and writing
11:30-12:30	Mat Yoga (Room 9 Ground Floor) BOOKING REQUIRED Gentle floor-based yoga exercise to relax and build resilience and strength
16:00-18:00	Painting for Wellbeing (Room 9 Ground Floor) Come and try your hand at painting or drawing to improve your wellbeing.

FRIDAY

10:00-11:30 16:15-17:45	Digital Skills (Dame Geraldine Hall) BOOKING REQUIRED All language level welcome, Arabic, Dari & Pashto support available.
10.30-12:30	Breakfast and games morning (Room 9 Ground Floor) Join us for our weekly fun, friendly tea, toast, conversation and games.
13:00-16:00	Art Class (the Dame Geraldine Hall) Join us for an inspiring creative pause.
13:00-14:00	English learning for Dari, Farsi speakers. (Room 9) BOOKING REQUIRED
Jean's Café	Delicious, pay-what-you-feel lunches every Friday at 1pm (Drop in) At JEANS STOKE COMMUNITY CENTRE. N1 0DX

More services at Manor Gardens Welfare Trust;

- **Help with forms and referrals – We can support you to fill in forms and connect you to other services.**
- **Befriending service – Support for older people in Islington who may feel lonely or isolated.**
- **Language support – Available on request in more than 8 languages.**

For more information or to book a place, contact: Khadidja Dzanouni, Activities & Project Worker

 **07519 588576 OR 02075615263**  khadidja@manorgardenscentre.org

All activities are free & open to everyone. To support our much-needed wellbeing activities & community work, donate: localgiving.org/charity/manorgardenswelfaretrust/. Registered charity no. 1036053