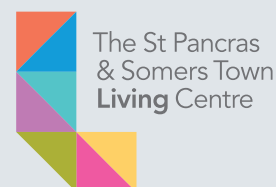


The Living Centre Weekly



Most of the services listed below can be accessed throughout the week. If you need to speak to one of our staff 1:1 or have a health related appointment, please make the necessary booking beforehand.

Monday

- Somers Town Legal Aid Corner **10am-4pm**
- Job Hub Team **10am-4pm**
- Sign Posting and Referrals advice
- Food Bank Voucher Collection **10am-4.30pm**
- Vitamins Mother and Baby **10am-4.30pm**
- Health and Wellbeing – Female Advocate
- Clothes Swap – contact stca.textiles@thelivingcentre.org
- Yoga session – linked to Nutritional Clinics
- Women's Coffee Morning **10.30am-12pm**
- Zumba for Fitness Class **12.30pm-1.30pm**
- Smoking Cessation Clinic **1.30pm-5pm**
- Elderly Quiz **2pm-4pm**
- Physical Activity (GP referral) **5pm-7pm**

Tuesday

- Camden Parenting Programme **9.15am-12.45pm**
- Somers Town Legal Aid Corner **10am-4pm**
- Job Hub Team **10am-4pm**
- Vitamins Mother and Baby **10am-4.30pm**
- Health Watch Team **10am-5pm**
- 1-2-1 IT sessions with a Digital Champion
- Sign Posting and Referral advice
- Health and Wellbeing – Female Advocate
- Clothes Swap – contact stca.textiles@thelivingcentre.org
- Volunteering Opportunities – for more information jobhub@somerstown.org.uk
- Icope **12pm-4pm**
- Families in Focus (Caring dads) **5pm-8.30pm**

Wednesday

- ICT support sessions with ACL **10am-12pm**
- Confidence/Motivation Interview Workshops 1-2-1 every second Wednesday – twice a month (1 hour sessions)
- Somers Town Legal Aid Corner **10am-4pm**
- Job Hub Team **10am-4pm**
- Food Bank Voucher Collection **10am-4.30pm**
- Vitamins Mother and Baby **10am-4.30pm**
- Nutritional Clinic (appointment based)
- Clothes Swap – contact stca.textiles@thelivingcentre.org
- Volunteering Opportunities – for more information contact jobhub@somerstown.org.uk
- Groove Chorus **6.45pm-8.45pm**

Thursday

- Weight Management Session **10am-12pm**
- Somers Town Legal Aid Corner **10am-4pm**
- Job Hub Team **10am-4pm**
- Vitamins Mother and Baby **10am-4.30pm**
- Check in with Health and Wellbeing Female Advocate
- Clothes Swap – contact stca.textiles@thelivingcentre.org
- Volunteering Opportunities – for more information contact jobhub@somerstown.org.uk
- Food donations facilitated by Urban Community Projects mobile food bank
- Civitas – after school educational provision

Friday

- Solace – counselling **9.30am-4.30pm**
- Sign Posting and Referrals advice
- Somers Town Legal Aid Corner **10am-4pm**
- Job Hub Team **10am-4pm**
- Vitamins Mother and Baby **10am-4.30pm**
- Cost of Living support appointments and PIP support appointments
- Check in with Health and Wellbeing Female Advocate
- Volunteering Opportunities
- Mind Camden Living Room mental health support **11am-1pm**
- Blind Aid **11am-4pm**
- Healthprom support for Ukrainian refugees **5pm-8pm**

Saturday

- Civitas – after school educational provision
- Clothes Swap – for more information contact stca.textiles@thelivingcentre.org

Sunday

- Faith-based Groups
- Clothes Swap – for more information contact stca.textiles@thelivingcentre.org

While we try our best to keep this timetable as updated as possible, schedules might still change without prior notice. If you need to verify the schedule, please get in touch with us via **0300 102 7822** or by emailing info@thelivingcentre.org or just walking in.

The St Pancras and Somers Town Living Centre
2 Ossulston Street, London NW1 1DF

For further information, visit www.somerstown.org.uk/whats-on/calendar/