

Irish Healthy Living Newsletter - November 2009



LIC = London Irish Centre. Tel Nell or Maria 020-7916 2222 unless otherwise stated
Nell on health@irishcentre.org or Maria on daycentre@irishcentre.org

We try to keep the cost of classes to a minimum or indeed free.
Tea /coffee is served at classes for 50p

NEW!!

Community Café - Wednesdays and Fridays 2-4pm.

We will serve tea/coffee biscuits, muffins, soup & a roll, fruit. We will have the Irish newspapers and we hope to be able to show RTE news. Relax and have a chat...



NEW!!

Walking group First walk Tuesday 10th November 10am. Meet at London Irish Centre - contact Maria.



Employability Skills workshops - Thursdays 4-6pm

Live jobs list, effective CV preparation, job search, target your cv, interview skills and volunteering opportunities.

Vacancy - Irish Persons Co-ordinator, 35 hrs (9 mth fixed term contract) Passage Day Centre - Job Ref: IPC/DC3 £27,007 pa+ benefits. Closing date 5th Nov
recruitment@passage.org.uk

Exercise class

Workout to the beat of Irish music, Fridays 11-12. £2; Day Centre



Credit Union - we aim to hold the information day soon.

Debt Advice - 1st & 3rd Friday of every month at Haringey Irish Centre, Tottenham N17 8DX t:020-8365 1125. You can be employed / unemployed and still get this advice. Free to all.

Whist or "25" - First Friday of every month. Free. 1.30 -3pm.

Lots of tricky playing and chat! All welcome.

(No money involved, just chat and fun!)



Mobile library at the LIC - Mondays 12noon - free to join. Request a best selling book; audio books available on MP3 players; DVDs, CDs - fantastic service.



Qi Gong - Gentle movements and meditation - promotes the flow of vital energy, reducing stress and illness from within.

Thursday 11am-12. £2 for LIC members (£5 for non members)



Allotment - still going strong - will wind down for the winter months soon. Tuesdays 10.30. Free.

Cooking class - Tuesdays 2-5pm; Good attendance at the class, but could possibly squeeze in 2 more people (£1.65 per class to cover the cost of your ingredients). Great dishes. Easy to prepare with our great chef.



Computers and Literacy - Free. Tuesdays 2- 4.30pm
If you know someone who might have difficulty reading this, please tell them about this group as learning support is provided.



IT Skills - Wednesdays 2-4pm. Class full, but register and get on the waiting list, if a space becomes free, then we would contact you.

Free NHS Home sight tests - for people 60+ / receive benefits / suffer glaucoma/40+ and family of someone who suffers glaucoma. For more details 0800 0304 085

Improving Access to Psychological Therapies Tuesday 2-5pm London Irish Centre. Free. Sometimes when people have problems or stress they can feel really low, feel as though they can't cope, or enjoy things as they used. Have you felt like this? If so, we have a worker, Karen Walsh, here at the LIC who can help you to put some techniques in place so that you can improve your mood or anxiety. To discuss the service with Karen tel. 020-3317 5622, or on Tuesday afternoons on 020-7916 2222. (Not appropriate if you are already seeing a counsellor)

BE KEPT INFORMED OF EVENTS - PUT YOUR NAME DOWN ON OUR MAILING LIST

Art for the over 60s - Mondays 2 - 4pm. Free. Class full but you can register and if a place becomes free we will contact you immediately.



Volunteering opportunities in LIC - contact Jeff co-ordinator@irishcentre.org

Singing Class

Very enjoyable friendly, singing group. Come along and join in.

Wednesdays 4.00-5.30pm, in the Day Centre. Free.

If you play an instrument, please join in.



New Beginnings Course - 6 week course focuses on learning how to manage anxiety, depression, building confidence, problem solving and much much more in a very friendly and interactive way. Next course starts: Tuesday 11th November at 11am.