



Resuming in September

For all courses you need to register at the earliest opportunity. Places are offered on a first come basis. Places are not held over from last year.

Cooking4Life

Free taster session on Thursday 3rd Sept 11am-1pm
Followed by a 4 week free course, Thursday 17th Sept 11am-1pm



More adventurous cooking class - 29th September Tuesdays 2-5pm
10 classes; Only £16.50 to cover the cost of all your ingredients

Literacy and Computers - register 22nd September

Improve your literacy and learn computer skills. Free.
Tuesdays 10.30-1pm or 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 - 30th September

Learn computer skills. Wednesdays 2-4pm. Free. 30th September.

Art for the over 60s - 28th September

Have fun and create a masterpiece - Mondays 2 - 4pm. Free.



*** NEW *- 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. Does that sound like something that might be of interest to you or might benefit you in some way? If you would like to discuss the service with Karen then you can phone her on 020-3317 5622, or on Tuesday afternoons on 020-7916 2222.

***NEW* Qi Gong** - Gentle movements and meditation - promotes the flow of vital energy, reducing stress and illness from within. Begins Thursday 10th September 11am. £2.

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

Singing Class

Very enjoyable friendly, singing group. Come along and join in. Wednesdays 4.00-5.30pm, in the Day Centre. Free.



Grow vegetables in Camden

We have two raised beds in Camley Street (10 minutes walk from LIC). Talk to Nell about this chance to grow your vegetables locally.



Gaelic football team

Sundays 1pm & Wednesdays 7pm; Finsbury Park training - contact Luke on 07886 355 626.



New Beginnings Course

7 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. Thursdays 2pm. Phone Marie 020-7916 7300 or Nell 020-7916 2222 to find out the date of the next course.

Whist

First Friday of every month. Free. 1.45 -3pm. Lots of tricky playing and chat! All welcome.



Bingo and Quiz to resume in the coming months. Please add your name to our mailing list, to ensure you receive the Newsletter.

Get Together Club (formerly known as the High & Dry Club)

An opportunity to socialise in an alcohol and drug free setting. Free. Wednesdays 6-9.30pm and Sundays 5-8pm. Contact Elma 020-7916 2222 or health2@irishcentre.org

Walking group

Let Nell know if you are interested in our new walking group. Train as a walk leader. Free. Thursday 8th October.



Allotment

Bus leaves LIC Tuesdays at 10.30am. Free. Wear sturdy shoes & bring a sandwich. Bus returns to LIC about 3pm. Also pick up point in Kilburn.



Debt Advice - 1st & 3rd Friday of every month at Haringey Irish Centre, Pretoria Road, Tottenham N17 8DX Tel:020-8365 1125. Or phone Capitalise 020-7710 0561. You can be employed / unemployed and still get this advice.