

Wigram House Community Centre

April-July

Monday

ESOL and Health (With Crèche)	9.30am-11.30pm
Sure Start- Working with Parents	1.00pm-3.00pm
Mother Tongue Class	4.30pm-6.00pm

Tuesday

ESOL with TH College (With Crèche, women only)	9.30am-11.30am
Yoga- Women only- free!	1.15pm-2.15pm
Mother Tongue Class	4.30pm-6.00pm

Wednesday

ESOL and Health (women only, with Crèche)	9.30am-11.30am
Women's lunch	12.00pm-1.00pm
Women's project, sewing and I.T	1.00pm-2.00pm
Sure Start- Working with Parents	1.00pm-3.30pm
Mother Tongue Class	4.30pm-6.00pm



South Poplar and Limehouse Action for Secure Housing



Thursday

ESOL with TH College (with Crèche)	9.30am-11.30am
Advice Session (TH College)	12.00pm-12.30pm
Welfare Benefits Advice Session (in partnership with Island Advice)	1.30pm-3.30pm
Wing Chun Self Defence-Men and Youths	7.00pm-9.00pm

Friday

ESOL and Health (with Crèche)	9.30am-11.30am
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Saturday

Arabic Classes (Adults and children)	10.00am-12.00pm
Cllr Surgery (twice a month)	11.00am-12.00pm

Sunday

Children's Arabic Class	10.00am-12.00pm
Study/Computer Club (7-12 year olds)	12.30pm-2.00pm
Older Peoples dinner	1.30pm-4.00pm

Contact Mandy or Lorrae on 0207 515 8362