

Wigram House Community Centre January-March

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
Men's Club (I.T C.V's &ESOL)	7.00pm-9.00pm

Tuesday

ESOL with THC (With Crèche, women only)	9.30am-11.30am
Yoga	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	2.00pm-3.30pm
Mother Tongue Class	4.30pm-6.00pm



South Poplar and Limehouse Action for Secure Housing

Thursday

ESOL with THC (with Crèche)	9.30am-11.30am
Advice Session (TH College)	12.00pm-12.30pm
Welfare Benefits Advice Session	1.30pm-3.30pm
Wing Chun Self Defence	7.00pm-9.00pm

Friday

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

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

Sunday

Children's Arabic Class	10.00am-12.00pm
Older Peoples dinner (once a month)	1.30pm-4.00pm

Contact Mandy or Lorrae on 0207 515 8362
2 New Courses for Sure Start working with Parents
COMING SOON!!