

# THIS COMMUNITY CAN (TCC)- WEEKLY ACTIVITIES



Day	Time	Activity	Location	What to expect	Contact
Tuesday	10.30-12.30pm	Learn to Sew Alterations (Term Time Only)	Burlington Block Martin Street Community Room S6 3DR	Learn to make an item in the first hours session and then bring in things that need altering for the second hour.  Women Only. Wheelchair accessible. Free	Mariam 07821 712928
	1-2pm	Learn English (Term Time Only)	Board Room, Zest Centre	An informal conversational class for new learners of English.  Mixed. Wheelchair accessible. Free	Emily 07546 620956
Wednesday	9.30-11am	Women's English Conversation Class (Term Time Only)	Burlington Block Martin Street Community room S6 3DR	An informal English conversation class.  Women Only. Wheelchair accessible. Free	Emily 07546 620956
Thursday	10-12pm	English Book Club (Term Time Only)	Board Room, Zest Centre	A beginners English reading group.  Women Only. Wheelchair accessible. Free	Susannah 07493 721380
	1.30-3.30pm	Knit & Natter	Board Room, Zest Centre	Have a cuppa and a chat over some knitting or crochet in this friendly relaxed session.  Mixed. Wheelchair accessible. Free	Emily 07546 620956

# THIS COMMUNITY CAN (TCC)- MONTHLY ACTIVITIES



Day	Time	Activity	Location	What to expect	Contact
Last Friday of every month.	10:30am-11:30am	Bookery Nook	Behind the Adult Library Zest Centre	Informal book club with a new book each month and a chat about it over a cuppa.  Mixed. Wheelchair accessible. Free	Zoe 07519 764355
Last Wednesday of every month.	1:00pm - 3:00pm	Crafternoon	Glass Fronted Room, Zest Centre	Special craft session with a different item to make each time  Mixed. Wheelchair accessible. Free	Emily 07546 620956
First Wednesday of every month. Term Time Only.	12:30 - 2:30pm	Food & Mood	Burlington Block Martin Street Community room S6 3DR	Enjoy a delicious home cooked meal with lovely company in this food session.  Women only. Wheelchair accessible. Free	Susannah 07493 721380
2nd to last Weds of the month	1-2.30pm	Creative Writing	Zest	Come and try your hand at creative writing. No experience necessary. Supported by our wonderful volunteer facilitators. Mixed. Wheelchair accessible. Free.	Emily 07546 620956
Second Weds of the month	10-11.30am	Super Mums	Zest	An informal peer support groups for single parents (mums) to get together for a chat, craft and a cuppa. Women only. Wheelchair accessible. Free	Zoe 07519 764355

Contact This Community Can (Susannah, Mariam, Emily and Zoe) if you have an idea you want to get off the ground. We support our community to make things happen. Please contact us if you have any ideas or thoughts: [thiscommunitycan@zestcommunity.co.uk](mailto:thiscommunitycan@zestcommunity.co.uk)

