

Community House Activities March 15

	MORNING	AFTERNOON
MON	<p>9.30 – 10.30 Breakfast – Please book 10.00 – 1.00 House open - computers, signposting etc.</p> <p>10.00 – 12.00 Basic IT skills for adults</p>	<p>3.30 – 4.45 Krafty Kids – Craft based activities 7 - 12 yr olds With Sarah S Under 7's welcome if parent is present</p> <p>3.45 – 4.45 Computers – Homework (with support as required)</p> <p>VOLUNTEERS needed</p>
TUES	<p>10.00 – 1.00 House open - computers, signposting etc.</p>	<p>3. 30 - 4.45 Active Tuesday with Paul - physical exercise football, basketball and games for over 7's at The Wave Centre (Dominion Rd). under 7s parents must stay with them</p> <p>House closed</p>
WED	<p>10.00 – 1.00 House open - computers, signposting etc.</p> <p>OFFSITE :- 10.30 – 12.30 Creative Waves Art project @ St. Stephens Café Church, Angola Rd with Nadia or Vanessa Fortnightly Mar 4th and 18th</p> <p>11.00- 12.30 Young @ Heart for over 55's @ Pearson's Retreat, Brougham Rd)</p>	<p>3.45 – 4.45 Computers – Homework (with support as required)</p> <p>3. 30 - 4.45 ECO - Patch – eco and gardening club for 7-12 yr olds With Keith</p> <p>VOLUNTEERS needed</p>
THURS	<p>10.00 – 1.00 House open - computers, signposting etc.</p> <p>10-11.30 Coffee morning - Liane</p> <p>9.30 – 12.30 Creative Waves at Storm Union Place</p> <p>11.00 – 3.00 Football for over 16's at Kitty's Field, followed by lunch at the Community House and a sports qualification with Albion in the Community</p>	<p>3.45 – 4.45 Cook & Eat Under 11s Cooking BOOKING ESSENTIAL With Cath Computers – Homework (with support as required)</p> <p>Under 11s Games and Pool</p> <p>VOLUNTEERS needed</p>
FRI	<p>10.00 – 1.00 House open - computers, signposting etc.</p> <p>10.00 – 1.00 Cooking on a budget for young mums With Wellbeing and Children and Family Centre</p>	<p>3.30 - 4.45 Body Parts</p> <p>3. 30 – 7pm Cooking / The Crew (Over 12s youth group) BOOKING ESSENTIAL With Jaq and a host of volunteers</p> <p>VOLUNTEERS needed</p>



thecommunityhouse



Community House Activities (updated March 2015.)

All activities are provided **FREE OF CHARGE**, there is no referral process and they are open to all. Please complete a registration form for monitoring purposes only.

Children under 7 years are welcome to participate as long as there is a responsible adult present.

Rooms can be hired for use (including weekends by special arrangement)

Free telephone use, signposting and advice is always available as well as computer and printer use.

If you would like to know more about our services or what's going on please contact either Emma or Ali at The Community House on 01903 215799 or check for updates on our Facebook page.

**Community Development Worker – 07968 574 927 ewallace@worthing-homes.org.uk
Project Manager - 07968 574 932 aedwards@worthing-homes.org.uk**

See overleaf for our complete timetable.

Volunteers always needed: 3-5pm

Can you help with homework, playing pool, cooking, art or helping run a sports session

Expenses and DBS paid

COURSES:- Volunteers are able to access courses including:-

- SAFEGAURDING CHILDREN AND YOUNG PEOPLE
- LONE WORKING
- CUSTOMER SERVICE
- CONFIDENTIALITY
- CHILD PROTECTION POLICY AND PROCEEDURES
- PERSONAL AND PROFFESIONAL BOUNDARIES
- RISK ASSESSMENTS
- EQUAL OPPORTUNITIES
- FOOD HYGIENE