

|   | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|---|---|--|---|---|--|
|  <p>BANGLADESHI<br/>ISLAMIC CENTRE</p> <p><b>M<br/>E<br/>N</b></p> | <p>Welfare Support, Advice and Guidance<br/>(10:30 – 4:00)</p> <p>Employment Support<br/>(10:00 – 4:00)</p> <p>Smoking Cessation clinics and Health issues Drop in session<br/>(10:00 – 4:00)</p> | <p>Welfare Support, Advice and Guidance<br/>(10:30 – 4:00)</p> <p>Employment Support<br/>(10:00 – 4:00)</p> <p>Health awareness session &amp; Luncheon Club<br/>(Hot food served)<br/>(11:00 – 1:00)</p>       | <p>Welfare Support, Advice and Guidance<br/>(10:30 – 4:00)</p> <p>Employment Support<br/>(10:00 – 4:00)</p> <p>Health awareness session &amp; Luncheon Club<br/>Every 3rd Wednesday<br/>(Hot food served)<br/>Wednesbury<br/>(11:00 – 1:00)</p> | <p>Welfare Support, Advice and Guidance<br/>(10:30 – 1:00)</p> <p>Employment Support<br/>(10:00 – 4:00)</p> <p>Health awareness session &amp; Yoga<br/>(11:00 – 1:00)</p>           | <p>Welfare Support, Advice and Guidance<br/>(10:30 – 4:00)</p> <p>Employment Support<br/>(10:00 – 4:00)</p> <p>Indoor football Over 25's<br/>(8pm – 9pm)</p>   |
| <p><b>W<br/>O<br/>M<br/>E<br/>N</b></p>   | <p>Benefits Support , Advice and Guidance<br/>(10:30 – 2:30)</p>  | <p>Benefits Support , Advice and Guidance<br/>(10:30 – 2:30)</p> <p>Nashta Club<br/>Exercise Classes<br/>(Light snacks provided)<br/>(10:00 – 12:00)</p>   | <p>Benefits Support , Advice and Guidance<br/>(10:30 – 2:30)</p> <p>ESOL Classes for beginners<br/>(10am – 12pm)<br/>Family Learning<br/>Lodge Primary School<br/>(1:00 - 3:00)</p>   | <p>Benefits Support , Advice and Guidance<br/>(10:30 – 2:30)</p> <p>Family Learning<br/>Eton Valley Primary School<br/>(1:00 – 3:00)</p>  | <p>Benefits Support , Advice and Guidance<br/>(10:30 – 2:30)</p> <p>Family Learning<br/>Lodge Primary School<br/>(1:00 – 3:00)</p>   |
| <p><b>Y<br/>O<br/>U<br/>T<br/>H</b></p>   | <p>Drop in service:<br/>Advice and Guidance on Employment, Education &amp; Training<br/>(10am – 4pm)<br/>Homework Support<br/>General<br/>(4pm – 7pm)<br/>ASDAN<br/>(4pm – 5pm)</p>               | <p>Drop in service:<br/>Advice and Guidance on Employment, Education &amp; Training<br/>(10am – 4pm)<br/>Homework Support<br/>General<br/>(4pm – 7pm)<br/>Youth Club<br/>Indoor activities<br/>(5pm – 7pm)</p> | <p>Drop in service:<br/>Advice and Guidance on Employment, Education &amp; Training<br/>(10am – 4pm)<br/>Homework Support<br/>General<br/>(4pm – 7pm)<br/>YCA - Youth Club<br/>(5pm – 7pm)<br/>Out-door football<br/>(Astro turf 7-9pm)</p>     | <p>Drop in service:<br/>Advice and Guidance on Employment, Education &amp; Training<br/>(10am – 4pm)<br/>Homework Support<br/>General<br/>(4pm – 7pm)<br/>ASDAN<br/>(4pm – 5pm)</p> | <p>Drop in service:<br/>Advice and Guidance. Employment, Education &amp; Training<br/>(10am – 4pm)<br/>Indoor football<br/>Under 25's<br/>(5pm – 6pm)<br/>Homework support<br/>Maths<br/>(2pm – 7pm)</p> |