

## Activities at the North Herts Minority Ethnic Forum

June 2009

<b>Monday</b>		
<b>Will resume in Sept 09</b>	10.00am – 12.00pm	ESOL-Advanced Class – for Mothers with young children & Toddlers - (£30.00 fee) Academic year
Daily	12.00pm – 3.30pm	Senior Asian Elders Social group (meet every wk)
<b>1<sup>st</sup> June 09</b>	1.00pm – 2.30pm	Yummy Mummy & Bouncy Baby Group - Advice & information on your child's wellbeing (meet 1 <sup>st</sup> Monday of every month)
<b>No session this month</b>	1.00pm – 4.00pm	Advice on Mental Health Issues (drop in session, any concerns for yourself, family or friends) (1 <sup>st</sup> Monday of every month)
<b>Will resume in Sept 09</b>	7.00pm - 9.00pm	ESOL (Evening Class) English for Speakers of Other Languages (£100.00 fee or £50.00 if receiving benefits) Academic year
<b>Tuesday</b>		
<b>Weekly</b> (term-time)	10.00am – 12.00pm	ESOL-Basic Class for Mothers with young children & Toddlers - (£25.00 fee) <u>19<sup>th</sup> May 08 – 21<sup>st</sup> July 09</u>
<b>TBA</b>	12.30pm – 3.00pm	Chinese Lunch & Social Group (meet every 2 <sup>nd</sup> Tuesday of the Month)
Daily	12.00pm – 3.30pm	Senior Asian Elders Social group (meet every wk)
<b>TBA</b>	1.00am – 3.00pm	Flower Arranging (2hrs per wk) must supply own materials (TBA for 10 wk block)
<b>Weekly</b> (term-time)	3.30pm – 5.00pm	Italian Language School - Ages 6-11 years - supported by the Italian Education Service (£25.00 fee) Academic year
<b>Weekly</b> (term-time)	5.45pm – 6.45pm	Bollywood Dance Class (£16.00 for 4wk block - payment in full at start of 4wks)
<b>Weekly</b>	7.00pm – 8.00pm	Keep Fit Class (Women only) with a qualified instructors (£2.00 contribution per session)
<b>Wednesday</b>		
<b>Weekly</b> (term time)	9.30am – 11.30am	Sewing skills class (2hrs per wk) must supply own materials. (£10.00 for 10 wk block) <u>22<sup>nd</sup> April – 1<sup>st</sup> July 09</u>
<b>Weekly</b> (term-time)	10.00am – 12.00pm	IT-Basic Course for Mothers with young children & Toddlers (£15.00 for 15 wk block) <u>22<sup>nd</sup> April – 8<sup>th</sup> July 09</u>
<b>TBA</b>	11.30pm - 1.30pm	ACSC Morning coffee Club – pop in and have a chat, with a cup of tea and biscuits
Daily	12.00pm – 3.30pm	Senior Asian Elders Social group (meet every wk)
<b>24<sup>th</sup> June 09</b>	1.00pm – 4.00pm	Italian Elders Group (meet last Wednesday of the month)
<b>Weekly</b> (term-time)	7.00pm – 9.00pm	Spanish for Beginners (£35.00 for 10week block) <u>22<sup>nd</sup> April – 1<sup>st</sup> July 09</u>
<b>Thursday</b>		
<b>Will resume in Sept 09</b>	9.00am – 12.00pm	Booster Class (Providing additional Support in English & Maths for GCSE Level student) to help prepare towards exams
<b>TBA</b>	1.00pm – 3.30pm	Senior Asian Elders Luncheon Club (meet every wk - Hot meal served once a week) – £2.50 per person
<b>Weekly</b> (term-time)	7.00pm – 9.00pm	Italian Language (Italian for All) - 2hrs per wk <u>Adult class – (£35.00 for 10 wk block) 23<sup>rd</sup> April – 25<sup>th</sup> June 09</u>
<b>Friday</b>		
<b>Weekly</b>	12.00pm – 3.30pm	Senior Asian Elders Social group (meet every week)
<b>TBA</b>	12.30pm – 4.00pm	Polish Meal Club (Hot meal served once a month) (1 <sup>st</sup> Friday of the month)
<b>TBA</b>	1.00pm – 2.30pm	Support Group for Parents of children with disabilities (Last Friday of the month)
Weekly @ Bancroft Hall	10.00pm – 4.00pm	African Caribbean Seniors & Carers Luncheon Club – (Held at Bancroft Hall – every week)
<b>5<sup>th</sup> June 09</b>	6.00pm – 7.00pm	Italian Welfare & Social Assistance – INAS – (1 <sup>st</sup> Friday of the month)
<b>5<sup>th</sup> June 09</b>	7.00pm – 10.00pm	Italian Pensioners Club - FNP (1 <sup>st</sup> Friday of the month)
<b>19<sup>th</sup> June 09</b>	6.30pm – 9.30pm	Italian Evening Meal Club (Hot meal served once a month – £2.00 per person) (3 <sup>rd</sup> Friday of the month)
<b>Saturday</b>		
<b>Weekly</b>	10.30am – 12.00pm	Yoga Classes - (£5.00 per session - Payment £30.00 every 6 weeks)

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