

Activities at the North Herts Minority Ethnic Forum

October 2009

Monday

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| Weekly (term-time) | 10.00am – 12.00pm | ESOL-Advanced Class – for Mothers with young children & Toddlers - (£30.00 registration fee) Academic year |
| Daily | 12.00pm – 3.30pm | Senior Asian Elders Social group (meet every wk) |
| <u>5th October 09</u> | 1.00pm – 2.30pm | Yummy Mummy (Messy Play) - Advice & information on your child's wellbeing (meet 1 st Monday of month) |
| <u>No Surgery</u> | 1.00pm – 4.00pm | Advice on Mental Health Issues (drop in session) (1 st Monday of every month) |
| Weekly (term-time) | 7.00pm – 9.00pm | Italian Language (Italian for All) - 2hrs per wk Adult class – (£53.00 for 15 wk block) <u>2nd Nov 2009 – 8th Mar 2010</u> |

Tuesday

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| Weekly (term-time) | 10.00am – 12.00pm | ESOL-Basic Class for Mothers with young children & Toddlers - (£25.00 registration fee) <u>6th Oct 09 – 25th May 10</u> |
| TBA | 12.30pm – 3.00pm | Chinese Lunch & Social Group (meet every 2 nd Tuesday of the Month) |
| Daily | 12.00pm – 3.30pm | Senior Asian Elders Social group (meet every wk) |
| Weekly (term-time) | 3.30pm – 5.00pm | Italian Language School - Ages 6-11 years - supported by the Italian Education Service (£30.0 per child) |
| Weekly (term-time) | 5.45pm – 6.45pm | Bollywood Dance Class (£16.00 for 4wk block - payment in full at start of 4wks) |
| Weekly | 7.00pm – 8.00pm | Keep Fit Class (Women only) with a qualified instructors (£2.00 contribution per session) |

Wednesday

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| Weekly (term time) | 9.30am – 11.30am | Sewing skills class (2hrs per wk) must supply own materials. (£15.00 for 15 wk block) <u>23rd Sept 2009 – 27th Jan</u> |
| Weekly (term-time) | 10.00am – 12.00pm | IT-Basic Course for Mothers with young children & Toddlers (£ TBA for TBA wk block) <u>start in January 2010</u> |
| TBA | 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) |
| <u>28th October 09</u> | 1.00pm – 4.00pm | Italian Elders Group (meet last Wednesday of the month) |
| <u>14th October 09</u> | 6.30pm – 8.30pm | Celebrating Black History (Hertfordshire Partnership NHS Foundation Trust & NHMEF) All welcome |
| Weekly (term-time) | 7.00pm – 9.00pm | Spanish for Beginners (£53.00 for 15 week block) Starts: <u>4th Nov 2009 – 11th Mar 2010</u> |

Thursday

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| Weekly (term time) | 10.00am – 12.00pm | Computer Skills (£15.00 for 15 week block) <u>15th Oct 09 – 25th Feb 2010</u> |
| TBA | 1.00pm – 3.30pm | Senior Asian Elders Luncheon Club (meet every wk - Hot meal served once a week) – £2.50 per person |
| Weekly (term-time) | 7.00pm – 9.00pm | British Sign Language (BSL) (£53.00 for 15week block) starts <u>5th Nov 2009 – 11th Mar2010</u> |

Friday

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| Weekly (term time) | 10.00am – 12.00pm | Computer Skills (£15.00 for 15 week block) <u>25th Sept 2009 – 29th Jan 2010</u> |
| Weekly | 12.00pm – 3.30pm | Senior Asian Elders Social group (meet every week) |
| TBA | 12.30pm – 4.00pm | Polish Meal Club (Hot meal served once a month) (1 st Friday of the month) |
| TBA | 1.00pm – 2.30pm | Support Group for Parents of children with disabilities (Last Friday of the month) |
| Weekly @ Bancroft | 10.00pm – 4.00pm | African Caribbean Seniors & Carers Luncheon Club – (Held at Bancroft Hall – every week) |
| <u>2nd October 09</u> | 6.00pm – 7.00pm | Italian Welfare & Social Assistance – INAS – (1 st Friday of the month) |
| <u>2nd October 09</u> | 7.00pm – 10.00pm | Italian Pensioners Club - FNP (1 st Friday of the month) |
| <u>16th October 09</u> | 6.30pm – 9.30pm | Italian Evening Meal Club (Hot meal served once a month – £2.00 per person) (3 rd Friday of the month) |

Saturday

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| Weekly | 10.30am – 12.00pm | Yoga Classes - (£5.00 per session - Payment £30.00 every 6 weeks) |
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For more information Log on to our web site: www.nhmeff.org.uk

For any query contact Angela on 01462-440224 – Email: aciaravella@btconnect.com