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| **Due to the current Coronavirus situation we can see customers by appointment only. If you feel unwell please don’t come into the centre. Please call us on the number above if you can’t make your appointment.** |  | | |  |  | |
| **Term 1 Aug 20—Dec 20** |  | | |  |  | |
| **Course** | **Start Date** | | | **Day(s)** | **Time** | |
| **September** |  | | |  |  | |
| E3 - English (am **or** pm session) | TBC | | | Mon—Fri | 9:00 - 12:00/12:30 - 3:30 | |
| **October** |  | | |  |  | |
| Prepare for Interview (am **or** pm session) | 16/10/20 | | | Friday | 9:00 - 12:00/12:30 - 3:30 | |
| **November** |  | | |  |  | |
| E3 Maths | 02/11/20—06/11/20 | | | Mon –Fri | 9:00 - 13:00/13:30 - 17:30 | |
| E3 Pathway to Health & Wellbeing (am **or** pm) | 9/11/20—13/11/20 TBC | | | Mon—Fri (not Wed) | 9:00 - 12:00/12:30 - 3:30 | |
| Introduction to Emergency First Aid | 13/11/20 | | | Fri | 9.30– 13.00 | |
| L1 Pathway to Work (am **or** pm session) | 16/11/20—20/11/20 | | | Mon—Fri (Virtual Wednesday) | 9:00 - 12:00/12:30 - 3:30 | |
| SIA Door Supervision & CCTV  \*1 day Classroom 23/11/20 + 6 days Online | 23/11/20\* | | | Monday | 9:00 - 17:00 | |
| CSCS  \*3 day Classroom + 1 day Virtual | 24/11/20—26/11/20 | | | Tues—Thurs | 9:30 - 15:00 | |
| Prepare for Interview (am **or** pm session) | 27/11/20 | | | Fri | 9:00 - 12:00/12:30 - 3:30 | |
| **December** |  | | |  |  | |
| Volunteering—C/L | 7/12/20 | | | Mon | 9:30 - 14:30 | |
| **FLT** |  | | |  |  | |
| FLT Counterbalance & Reach (monthly) FULL | 5/10/20—10/10/20 | | | Mon—Sat | 8:30 - 15:30 | |
| FLT Counterbalance & Reach (monthly) FULL | 02/11/20 - 07/11/20 | | | Mon—Sat | 8:30 - 15:30 | |
| FLT Counterbalance & Reach (monthly) FULL | 07/12/20—12/12/20 | | | Mon—Sat | 8:30 - 15:30 | |
| New Leaf (Mentoring) | | Work Zone | Monday, Tuesday, Friday | | | 9:00 - 16:30 | |
| WVHT—Employment Horizons | | Work Zone | Monday | | | 9:00 - 13:30 | |
| National Careers Service | | Job Centre Plus | Tuesday | | | 9:30 - 16:30 | |
| Army Careers Drop In Service | | Work Zone | Every 3rd Tuesday | | | 11:00 - 14:00 | |
| Remploy | | Job Centre Plus | Wednesday | | | 9:00 - 16:00 | |
| PLUSS | | Job Centre Plus | Tuesday | | | Appointment Only | |
| WVHT - Debt and Financial help only | | Job Centre Plus | Monday and Thursday | | | 10:00 - 13:30 | |
| Job Centre Support | | Job Centre Plus | Monday-Friday | | | 9:00-17:00 (Wed 10am) | |
| Citizen Advice - Help to claim | | Winsford Hub | Monday - Friday | | | Appointment only | |
| WVR Apprenticeship Job Match & Advice Service | | Work Zone | Every 3rd or 4th Monday | | | Appointment Only | |
| ESOL—English for Speakers of Other Languages | | WVRC—Winsford | Monday (34 weeks) | | | 9:45—4:45 | |

**Partner Services**

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| **Wellbeing Services & Work Shops** |  |  |  |
| Action on Cancer | Winsford | Alternative Wednesdays | 10:00 - 14:00 |
| Healthwatch | Winsford | Every 1st Thursday | 10:00 - 12:00 |
| For Futures | Winsford | Daily | 10:00 - 12:00 |
| Brio Leisure 7 day pass | Winsford | Daily | Variable |
| CAB Community Connector | Winsford | Daily | Variable |
| Mid Cheshire Food Bank—Vouchers | Winsford | Daily | Variable |

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| **Wellbeing Workshops 10:00 - 12.30 @ Wyvern House (please check room numbers)** |  |  |  |  |  |
| 25/09/20 | SOMA Programme | 31/10/20 | **Half Term Holiday**  **OFF** | 4/12/20 | Taking in the good |
| 02/10/20 | SOMA Programme | 6/11/20 | Mindfulness in the Outdoors | 11/12/20 | **Getting creative at Christmas - make a Christmas card** |
| 09/10/20 | SOMA Programme | 13/11/20 | The power ofCompassion | 18/12/20 | **Coping with Anxiety over Christmas** |
| 17/10/20 | SOMA Programme | 20/11/20 | Focusing on our Strengths |  |  |
| 24/10/20 | SOMA Programme | 27/11/20 | Gratitude |  |  |
| Soma Programme (5 Weeks) - This wellbeing course is designed to help with \*Focus and attention \*Reducing stress \*Boosting confidence (Building on your confidence and social connections) |  |  |  |  |  |