

Monday
Prayer

10.30am – 11.30am

Come along to join in a time of prayer with others seeking God. A time for praying for individual needs as well as those of our community.



Wednesday
Place of Welcome

10am to 12 noon

Providing a space for activities, refreshments and light snacks. Tackles isolation and loneliness and raises awareness of the project. Come along and join us for some company, a good chat and snacks along with tea and coffee or cold drinks. You will be made very welcome.

Friday
Alpha

10am to 12noon

Alpha is for anyone who is curious or would like answers to some of life's big questions. There will be a time for breakfast rolls, then a talk followed by an opportunity to explore and discuss the basics of the Christian faith in a friendly, informal environment. It is open to anyone and are you are free to discuss as little or as much as you wish. **Tel 01922 452213 to book**

Tuesday
IT Café

1.30pm to 3.30pm

Providing a space for internet access with gentle guidance from our IT volunteer. Tackles loneliness and isolation and offers an opportunity to signpost to other agencies and activities.

Walsall Works Support

10am to 1pm

An advisor will be on site to offer employment, education and training support. Help finding the right career, writing a great CV, completing job applications, developing interview skills, accessing training

Monthly Health & Friendship Walks

11am to 12pm Once a month on a Friday (Arrive: 10.45am)

Call The THOMAS Project for details. Volunteer led walks locally with light refreshments at the end. An opportunity for people to exercise and socialise within a small group.

Wednesday
Black Country Foodbank

10am to 1pm

Providing 3 days' food to those in crisis. An opportunity to lend a listening ear and signpost clients to agencies providing long-term solutions. Log onto Walsall council website [Homepage | Walsall Council](#) to apply for a voucher or contact your local job centre, GP or social services department. Refreshments available.

Thursday
Afternoon Fun & Games

3pm to 5pm 1st Thursday of the month

Join us for an afternoon of fun and games. We will have a variety of board games available, team games, quizzes, challenges etc and we will provide snacks and refreshments. Call us for more information

Black Country Foodbank

3pm to 6pm

Providing 3 days' food to those in crisis. See Wednesday Foodbank details for information.

The Thomas Project
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