

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

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.

Call Walsall Council Crisis Team on **01922 652250** to obtain a voucher. Refreshments available.

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 452215**

Tuesday

Walsall Workstations

10am to 12.30pm

Practical support for those seeking employment. Participants must be unemployed and over 25. **Call 01922 614314** to make a booking. Mock interviews and feedback available with Project Manager The THOMAS Project.

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.

Black Country Foodbank

3pm to 6pm

Providing 3 days' food to those in crisis. An opportunity to lend a listening ear and signpost clients to agencies providing longer-term solutions.

Call Walsall Council Crisis Team on **01922 652250** to obtain a voucher. Refreshments available.

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.



196H Walsall Wood Road, Aldridge, Walsall, WS9 8HB Tel. 01922 452213

Family Matters –

Walsall Citizen's Advice Bureau

3rd Weds of the month 2pm to 3.30pm

Practical support for the unemployed on matters of debt, housing, welfare benefits and employment. (If employed then CAB will welcome enquires and refer accordingly)

Call 01922 700645 for details or to make a booking with an advisor.

Health Walks

11am to 12pm (Arrive: 10.45am)

Once a month 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.