


<p style="text-align: center;">Monday</p> <p style="text-align: center;">Prayer</p>		<p style="text-align: center;">Friday</p> <p style="text-align: center;">Alpha</p>
<p>10.30am – 11.30am</p> <p>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.</p>	<p style="text-align: center;">Wednesday</p> <p style="text-align: center;">Place of Welcome</p> <p>10am to 12 noon</p> <p>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.</p>	<p>10am to 12noon</p> <p>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</p>
<p style="text-align: center;">Tuesday</p> <p style="text-align: center;">IT Café</p>	<p style="text-align: center;">Black Country Foodbank</p>	<p style="text-align: center;">Monthly Health & Friendship Walks</p>
<p>1.30pm to 3.30pm</p> <p>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.</p>	<p>10am to 1pm</p> <p>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.</p>	<p>11am to 12pm Once a month on a Friday (Arrive: 10.45am)</p> <p>Call The THOMAS Project for details. Volunteer led walks locally with light refreshments at the end.</p> <p>An opportunity for people to exercise and socialise within a small group.</p>
<p style="text-align: center;">Walsall Works Support</p>	<p style="text-align: center;">Thursday</p>	<p style="text-align: center;">Black Country Foodbank</p>
<p>1.30pm to 3.30pm</p> <p>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</p>	<p style="text-align: center;">Afternoon Fun & Games</p> <p>3pm to 5pm 1st Thursday of the month</p> <p>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</p>	<p>3pm to 6pm</p> <p>Providing 3 days’ food to those in crisis. See Wednesday Foodbank details for information.</p> <p style="text-align: center;">The Thomas Project 196H Walsall Wood Road, Aldridge, Walsall, WS9 8HB Tel. 01922 452213 Email: office@thethomasproject.co.uk Charity no 1082423</p>