TOMORROW'S WOMEN EMPOWERING TIMETABLE **MAY 2024**

WAY 2024				
Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast club 09:30-11:30am	Breakfast club 09:30-11:30am	Breakfast club 09:30-11:30am	Breakfast club 09:30-11:30am	Breakfast club 09:30-11:30am
RUSSELL RUSSELL SOLICITORS SINCE 1887	Level 3 First Aid 7 th & 14 th May 09:30-2pm	Chester The Work Zone All the help you need to get a job Level 1 Health and wellbeing	R MSB Solicitors 9th & 23rd May 09:30-10:30am	BUILDING CONFIDENCE RAND RESILIENCE 17 TH MAY 09:30-2:30PM
13 th & 20 th May 10-12pm	Chester The Work Zone All the help you need to get a job	9:30-2:30pm 1 st , 8 th , 15 th & 22 nd May	30 th May 10-12pm healthwatch Healthwatch is an Cheshire West	WirralMet
Sewing club 20 th May 10-12pm	Cancer awareness coffee Morning 14 th May Cheshire and Merseyside Cancer Alliance 10-12pm	We need your help to transform our garden space Every Wednesday 10-12pm	independent voice for the people of Cheshire and wants to hear about your views and experiences, to help shape and improve local health and care services	Cheshire and Merseyside Cancer Alliance Cheshire and Fighting Fit 3rd & 31st May 10-11:30am 10-11:30am
Knit and Natter Every Monday 12-1pm Bring your own project or learn basic skills	Speak with a social worker if you have any questions or concerns	Stepping in to the NHS Starting 15 th May 9:30-4pm A 12-week course which is a mixture of accredited and non accredited courses making you	Mental Health, Self-Harm and Suicide Awareness 23 rd May 10-4pm	Low impact exercise and discussion around preventative care WATSON RAMSBOTTOM SOLICITORS
	around social care. 21 st May 10-12pm	ready for a role in the NHS Community cooking	Empeiria •TRAINING•	17 th May 10-12pm
Guided Tour 20 th May 12-1pm Walk and Talk : A	Creative journalling 6 weeks. 10-12pm Starting 21 st May	29th May 10-12pm Making simple dishes that don't cost the earth	Domestic abuse support group. Every Thursday	NHS pathway Referrals 10-12pm 10 th May
about Chesters historic women	V-I-A Re-new v-grogramme screenings 28th May R 12-4pm	CSASS Drop in and crafts. 1st, 8th, 15th & 22nd May 11-12pm CSASS CHESTER SEXUAL ABUSE SUPPORT SERVICE	Let's SUPPORT PACH OTHER	Please come along if you are interested in registering for our 12-week stepping in to NHS programme or if you have any questions

TOMORROW'S WOMEN EMPOWERING TIMETABLE May 2024



Yoga 13th May 1-2pm



Morecrofts **Every Tuesday** 12:30-1:30pm

Music and sing a long

Every Tuesday. 1-2pm



BETTER SOLUTIONS 1ST, 8TH & 15th May 11am-12pm

Week 1 – Thinking and Behaviour Week 2- Consequences R Week 3 – Problem solving

be at crisis point to talk to

samaritans, come along and

have a chat if you're feeling low

Samaritans

22nd Mav

12-1pm

You don't need to



Housing Drop-in 16th May 11-1pm

LBTQ+ support group

Book club

Every

Thursday

12-1pm

2nd and 16th May

1-2pm

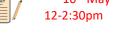


Money management





10th Mav











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Citizens Advice 13th May 1-3pm

advice

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citizens

Citizens Advice 21st May 1-3pm

Movement for change

FAILLEN ANGELS
MOVEMENT

1st, 8th, 15th & 22nd May 1-2pm

Every Wednesday

2-2:30pm

Confidence workshop 9th May 2-3pm **Guided meditation**

> Lets talk about Sexual health 2nd and 30th May 1-3pm

Book a 1-1 appointment with a sexual health nurse



Mindfulness Relaxation EVERY FRIDAY







2:30-4:30РМ

Booking is essential

Police surgery 20th May 3-4pm

Speak to a local PCSO about any neighbourhood issues or concerns.



Forum 28th May 2-3pm

Booking is essential

We would love to hear your thoughts, views, and ideas.







Please note BOOKING is ESSENTIAL for all sessions listed to attend, ring 01244 906494 or email admin@tomorrowswomen.org.uk to book your slot & for information regarding our timetable