




























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

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

Ⓡ RAR appropriate *

Tomorrow's Women, 5 upper Northgate Street, Chester, CH1 4EE. P.T.O

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 <p>Yoga 13th May 1-2pm</p>  <p><small>©SHUTTERSTOCK.COM - 5730429942</small></p>	<p>Morecrofts Every Tuesday 12:30-1:30pm</p> 	 <p>BETTER SOLUTIONS 1st, 8th & 15th May 11am-12pm</p> <p>Week 1 – Thinking and Behaviour Week 2- Consequences Week 3 – Problem solving</p>	 <p>Housing Drop-in 16th May 11-1pm</p>	<p>ESOL EVERY FRIDAY 1-2:30PM</p> 
<p>Sound bath. 20th May 1-2pm</p>  <p>Its great to be cosy for a sound bath so wear your comfiest clothes, we'll provide a yoga mat, feel free to bring a cushion, blanket and eye mask if you wish</p>	<p>Music and sing a long Every Tuesday. 1-2pm</p> 	 <p>Samaritans 22nd May 12-1pm</p> <p>You don't need to be at crisis point to talk to samaritans, come along and have a chat if you're feeling low</p>	 <p>Book club Every Thursday 12-1pm</p>	<p>Money management</p>  <p>Bespoke Trainers 10th May 12-2:30pm</p>
 <p>Citizens Advice 13th May 1-3pm</p> <p>Booking is essential</p>	 <p>Citizens Advice 21st May 1-3pm</p> <p>Booking is essential</p>	 <p>Movement for change 1st, 8th, 15th & 22nd May 1-2pm</p>	<p>LBTQ+ support group 2nd and 16th May 1-2pm</p> 	<p>Cooking on a budget 17th May 12-2:30pm</p> 
<p>Police surgery 20th May 3-4pm</p> <p>Speak to a local PCSO about any neighbourhood issues or concerns.</p> 	 <p>Forum 28th May 2-3pm</p> <p>We would love to hear your thoughts, views, and ideas.</p> 	<p>Guided meditation Every Wednesday 2-2:30pm</p> 	<p>BEAUTIFUL INNER LIVING</p> <p>Confidence workshop 9th May 2-3pm</p>	<p>Mindfulness Relaxation EVERY FRIDAY 2-2:30PM</p> 
			<p>Lets talk about Sexual health 2nd and 30th May 1-3pm</p> <p>Book a 1-1 appointment with a sexual health nurse</p>  <p>Sexual Health Hub</p>	<p>Berkson Family Law Solicitors</p> <p>10th & 24th MAY 2:30-4:30PM</p>

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