

FREE Courses

YMCA London South West Inclusive Lives Project 2018

Creating Wellness			
Dates	Time	Venue	Who is it for?
Wednesdays 25 th April – 30 th May	12-3pm	Searchlight Centre, Kingston	Anyone who is disabled or has a mental health concern. The course encompasses yoga, art, group discussions and practical coping mechanisms.
Life Skills			
Fridays 13 th April – 25 th May	12.30 - 3.30pm	Kingston Adult Education Centre	Any disabled people who want to go to work. The course teaches some of the basics like CV writing, interview skills, professionalism, communication and more.
Thursdays 19 th April - 31 st May	10am - 1pm	Richmond Adult Community College	
Laughs & Scarfs			
Wednesdays 14 th March – 2 nd April	10.30 - 11.30am	SFX 6 th Form College, Kingston	Anyone who is disabled or has a mental health concern. The course encompasses yoga, art, music and physical activity.
Fridays 27 th April – 29 th June	10.45 - 11.45am	Raleigh Centre, New Malden	
Thursdays 7 th June – 26 th July	10.30am - 2pm	Sessions House, Kingston	
Food Hygiene Course			
Thursdays 5 th April – 26 th April	10am - 3pm	Wimbledon YMCA	Any disabled people who want to enhance their CV or personal knowledge around Food Hygiene.
Self Esteem / Body Image Workshop			
Monday 19 th March	12-4pm	YMCA White House	WOMEN who are disabled or have mental health concerns. The workshops encourage healthy discussion around body dysmorphia, eating habits and support you in building techniques to boost your self-esteem
Tuesday 24 th April	11am - 3pm	Richmond Adult Community College	
Seated Exercise			
Tuesdays 20 th March – 22 nd May	11am - 12pm	Raleigh Centre, New Malden	Physical Activity for those who have limited mobility or are unable to stand for long periods of time.

To book a place or find out more about the courses, please contact Tracy Ryan.
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 07923 265582



YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.