

## Children (Primary School)

During Term Time Only (From 12th September)

### **Homework Club—bring your homework!**

Mondays 3.30 pm—4.30 pm

### **ICT Club**

Tuesdays 6.00 pm—7.00 pm

### **Drama**

Thursdays 6.30 pm—7.15 pm

### **ICT—fun classes—bring your parents!**

Fridays 3.30 pm—4.30 pm

### **K@T Club**

Sundays (from 18th Sept) 2.30 pm—4.00 pm

## Youth (Secondary School)

During Term Time Only (From 12th September)

### **Youth Hangout (the Den)**

Thursdays From 7.30 pm

### **Boys Gym training at St John's under 21's**

Mondays 5.00 pm—6.30 pm

Tuesdays 5.00 pm—6.30 pm

Thursdays 5.00 pm—6.30 pm

The William Wilberforce Trust is a company limited by guarantee registered under No 1074977.

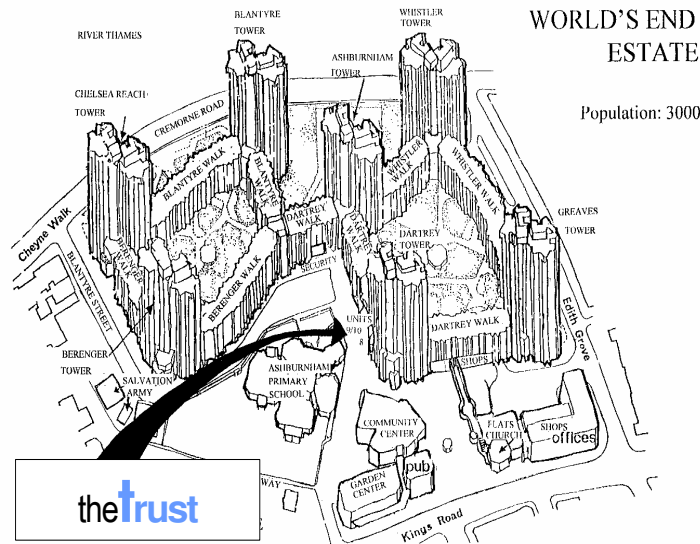
Registered office 8-10 World's End Place,  
London, SW10 0HE.

Courses are open to anyone regardless of race or religion.



Wheel chair access available

Quality - The William Wilberforce Trust is committed to Excellence without Extravagance in the delivery of its services and uses the Quality in Study Support (QiSS) Assurance Programme.



## TO ENROL NOW

or to speak to a course adviser about your requirements please call

**020 7352 3368**

Office open 9.00 am—5.00 pm

**No lessons during half term week:  
Monday 24th — Friday 28th October**

8-10 World's End Place, SW10 0HE

Phone: 020 7352 3368

Fax: 020 7376 4885

[worldsend@williamwilberforcetrust.org.uk](mailto:worldsend@williamwilberforcetrust.org.uk)

# WILLIAM WILBERFORCE TRUST



## the trust

## Autumn 2011 Programme

(12th Sept — 16th Dec)

## Adults, Youth and Children

## Community

### Men—Gym Membership (Free)

No pain, no gain! Free-weights training in a great atmosphere for all levels.

#### Youth Gym (under 21)

**When:** Mondays, Tuesdays & Thursdays

**Time:** 5.00 pm—6.30 pm

#### Men's Gym

**When:** Tuesdays, Wednesdays & Thursdays

**Time:** 6.30 pm—7.30 pm

### The Trust Café

Freshly made coffee and croissants served in our friendly café. Newspapers and chat!

**When:** Fridays (from 23rd September)  
From 8.00 am—12.00 midday

**Cost:** Suggested donation of £1



### Parenting Course (NEW!)

We offer a parenting course focusing on communication, dealing with boundaries, looking at how to make informed choices and developing relationships within the family.

**When:** Mondays (Starts 19th September)

**Time:** 10.00 am—12.00 midday

**Length:** 6 weeks

### Parenting Alone? Please join us for lunch.

**When:** Mondays (from 12th September)

**Time:** 12.30 pm

*We are here to support you.*



## ESOL

### English Lessons

Improve your reading, writing, listening and speaking skills in a friendly environment.

**When:** Mondays 9.30 am—12.00 midday

Thursdays 9.30 am—12.00 midday

**Starts:** TBC



THE ALPHA COURSE  
alpha.org



For ESOL

**When:** Thursdays (TBC)

**Time:** 1.00 pm—3.00 pm

**Cost:** Free—includes lunch

### English Corner (NEW!)

Improve your English speaking skills on Friday mornings. Join us at the Cafe for coffee and conversation!  
**09:00—10:30 Friday Mornings (starts 23 Sept)**

## Fitness

### Stretch and Tone

This class will focus on strengthening core body muscles to help keep you flexible and mobile. Especially suitable for those who feel a bit stiff or creaky!

**When:** Wednesdays (from 14th September)

**Times:** 1.00 pm—2.00 pm

**Length:** 12 weeks

**Cost:** £1.50 per session

## Computer Centre

### Beginners Computing and Internet

Want to learn basic computer skills, how to use the internet and send emails? A low-stress course for people who would like to have a go at using a computer.

**When:** Wednesdays (Starts 21st September)

**Time:** 9.30 am—12.30 pm

**Length:** 10 Weeks

**Cost:** £95 or £24 with proof of benefits

### Daytime Internet & PC Drop-In

Free use of the computers during the day to send emails, surf the internet or practise new skills.

**When:** Every week day (from 5th September)

**Time:** 1.00 pm—3.30 pm

You will need to register the first time you come to the drop-in and sign in thereafter. Adults (16+ School leavers)



## Help and Advice

### Free Debt Advice

Are you in financial difficulty and struggling with debt? **Crosslight Debt Advice Centre** can provide free help and advice.

To make an appointment to see a debt advisor.

**Call** 020 7052 0318 **Email:** [info@crosslightadvice.org](mailto:info@crosslightadvice.org)

All calls and subsequent appointments are treated in the strictest confidence.

**Other counselling** may also be available. Please ask a member of staff.