

Cotmandene Community Resource Centre
64 Cotmandene Crescent, St Paul's Cray, Orpington, Kent BR5 2RG
020 8402 0123 ccrc@bromley.gov.uk

Programme for Sept-Oct 2010

Surgeries, Advisors and Groups

Monday	10.00-12.00	Turnaround one to one support with English & Maths	Weekly
	10.00-12.00	Age Concern Bromley Community Time Bank Coffee Morning	Weekly
	1.00-3.00	Bromley Women's Aid Support and advice for women and girls	Fortnightly
	2.00-4.00	Pathways for the Cray's Advisors to help with training and employment	Weekly
	7.00-9.00	Anxiety Self Help Group	Weekly
Tuesday	9.30-1.00	Lewisham Credit Union Banking, Savings & loans – New Members welcome	Weekly
	10.00-12.00	Cray Creative's Art Group Weekly	Term Time only
	10.00-12.00 Monthly	Bromley Community Drugs Project. For users or their families. 1 st Tuesday of every month	Monthly 7 th Sept 5 th Oct
	10.00-12.00 Monthly	Affinity Sutton – Floating support A range of support services for vulnerable residents	Monthly 7 th Sept 5 th Oct
	11.00-1.00	Free Legal Advice – <u>Family & Housing only</u> Appointments needed	Weekly
	2.00-4.00	Group Relief - Support group for people with mental health issues 1 st & 3 rd of the month.	7 th 21 st Sept 5 th 19 th Oct
	2.00-4.00 Monthly	Housing & Council Tax Benefit 1 st Tuesday of every month – by appointment only	7 th Sept 5 th Oct
New Service	2.00-4.00	Advocacy First – Making sure your views and concerns are heard 2 nd Tuesday of every month	14 th Sept 12 th Oct
Wednesday	10.30-12.00	Local Councillors Surgery	Weekly
	10.30-1.00	Computer Workshop Time to practice your computer skills	Weekly Beginners welcome
	1.00-3.00	CBT sessions by Bromley Mind - Appointment only	Weekly
	1.30-3.30	Job Club with Working Links - Work search support Free computer & internet access - help with C.V.'s.	Weekly
	2.30-3.30 Fortnightly	Police Surgery- Meet your Local community PCSO's Occasionally offer property marking	1 st 15 th 29 th Sept 6 th 20 th Oct
Friday	10.00-12.00 Fortnightly	Affinity Sutton Housing Surgery (formerly Broomleigh)	10 th 24 th Sept 8 th 22 nd Oct
	10.00-12.00 Monthly	Trading Standards Help with consumer advice	24 th Sept 29 th Oct
New Service	10.00-4.00 Monthly	Blackfriars Debt Advice Last Friday of the month - By appointment only	24 th Sept 29 th Oct
New Service	10.00-4.00 Monthly	Next Step Careers Advice By appointment only	10 th Sept 8 th Oct
	2.00-3.30	Job Club with Working Links - Work search support Free computer & internet access - help with C.V.'s.	Weekly
	2.00-4.00 Weekly	Lewisham Credit Union Banking, Savings & loans – New Members welcome	Weekly
	2.00-4.00 Monthly	Mencap Brokerage Service Support for clients and their families	24 th Sept 29 th Oct

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Free Courses & Events Autumn 2010

**Please note that courses are for over 19's only (except family courses)
Priority for courses given to local people who live in BR5 or BR6 area otherwise clients
must be London Borough of Bromley Residents.**

Courses	Day & Time	Start Date	End Date
Basic IT-Priority for Affinity Sutton Residents To book telephone - 020 8285 4359	Mondays 10.00-12.00 6 weeks	6 th Sept	11 th Oct
Food Safety CIEH qualification	Thursdays 9.30-3.00 2 day course	9 th Sept	16 th Sept
Fit 4 Life- For the over 50's To book telephone – 020 8315 1850	Tuesdays 2.00-4.00 12 weeks	14 th Sept	30 th Nov
Employability Course C.V.'s interview skills confidence etc	Wednesdays 12.00-2.30 6 weeks	15 th Sept	20 th Oct
Digital Photography course Taking photos and editing on the computer	Fridays 10.00-12.00 6 Weeks	17 th Sept	22 nd Oct
Autumn Family Art 1 Parents & children aged 4-11	Tuesday & Friday 10.00-12.00 2 days	26 th Oct	29 th Oct
Christmas Arts & Crafts for Adults	Mondays 10-12 6 week course	1 st Nov	6 th Dec
Health & Safety at work CIEH qualification	Thursdays 9.30-3.00 2 day course	4 th Nov	11 th Nov
First Aid – British Red Cross	Thursdays 9.30-3.00 2 day course	18 th Nov	25 th Nov
Events			
Know your numbers week Free Blood pressure checks	Tuesday 10.00-12.30 No booking just turn up	14 th Sept	1 Day
Affinity Sutton Resident Involvement Day Come along and find out more	Wednesday 9-11.45 No booking just turn up	22 nd Sept	1 Day
McMillan Coffee Morning for Cancer Support Tea Coffee & Cakes	Friday 10-12 No booking just turn up	25 th Sept	1 Day
Bromley Information day for Adults Find out about services to support you	Wednesday 9.30-3.00 No booking just turn up	29 th Sept	1 Day
Age Concern Insurance & utility services information Event	Wednesday 12.00-2.00 No booking just turn up	29 th Sept	1 Day

All courses are free. Please contact us if you like to sign up for a course.

If you are offered a place on a course you will need to reply by telephone, letter or visit to the Centre to confirm your place otherwise it may be offered to someone else on our waiting list.

Courses with an accredited qualification may need you to provide proof of UK residency.

Telephone 020 8402 0123 or email ccrc@bromley.gov.uk