



Mottingham Community & Learning Shop

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 1-2 Cranley Parade, Beaconsfield Road
 Mottingham, London, SE9 4DZ.
 t- 020 8860 1150 f- 020 8860 1159
 e- mcls@bromley.gov.uk



Advice, Information and Computer sessions in March 2020

Drop-In – These are one to one sessions with an advisor, just turn up and wait your turn.

Group – These are group sessions, all welcome. Please ask The Shop team for details before attending.

Appointments Only - Please make an appointment with The Shop team before attending.

Monday	CLOSED		
Tuesday	Computers available for public use – Drop In	3rd, 10th, 17th, 24th, 31st	9.30 – 13.00 & 14.00 – 15.50
	Bromley Tenancy Support Service – Drop In	10th, 24th	10.00 – 12.00
Wednesday	Computers available for public use – Drop In	4th, 11th, 18th, 25th	9.30 – 13.00 & 14.00 – 15.50
	Clarion Housing – Drop In	4th, 18th	10.00 – 12.00
	Work Club – Drop In	4th, 11th, 18th, 25th	14.00 – 15.30
	Caremark Bromley Recruitment Event	11th	14.00–15.00
	Bromley Well Support for people with Learning Disabilities - Drop In	11th, 25th	14.00 – 16.00
Thursday	Computers available for public use – Drop In	5th, 12th, 19th, 26th	9.30 – 13.00 & 14.00 – 15.50
	Local Councillors – Drop In	5th, 19th	9.30 – 11.30
	Computer Workshop/UK Online course	5th, 12th, 19th, 26th	10.00 – 11.30
	MCC Which Stitch! Craft Group – All Welcome	5th, 12th, 19th, 26th	10.00 – 12.00
	Bromley Well Support for people with Physical Disabilities - Drop In	5th, 19th	14.00 – 16.00
Friday	Computers available for public use – Drop In	6th, 20th, 27th	9.30 – 13.00 & 14.00 – 15.50
	MCC Coffee Morning – All Welcome	6th, 20th, 27th	10.00 – 11.30
	Turnaround One to One Literacy and Numeracy Support	By Appointment	By Appointment



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THE LONDON BOROUGH
www.bromley.gov.uk

NEW COURSES AND EVENTS

If you would like to book a place on any of the following courses please contact The Shop team for more information. Please note courses are provided free of charge by Bromley Adult Education College. There is a one off £5 booking fee.



Digital Skills for Everyday

A course for complete beginners to computing or those with minimal experience. Especially suitable for people who need to manage their Universal Credit or Council account online. Learn general and transferable skills in using computers, internet, etc. under the guidance of the tutor. Includes e-safety awareness.

This course starts on 24th April and runs every Friday 12.30 – 14.30 until 8th May 2020



Lifestyle Changes for Mental Health

Learn to make simple changes to your lifestyle for positive impact on your mental health. We will explore practical ways to build up social connections, stay active, keep stress to a manageable level, eat well to boost your mood, improve your sleep patterns and find purpose and meaning in your life. Each week we will look at a different topic before bringing everything together in the last two weeks and making plans for the future.

This course starts on 30th April and runs every Thursday 12.00—14.00 until 25th June 2020



Indian Head Massage

A short course to find out about Indian head massage techniques. Learn how to keep your hair in perfect condition and familiarise yourself with treatment techniques which you can use to ease tension in the head and scalp.

This course starts on 30th April and runs every Thursday 12.45 - 14.45 until 21st May 2020

Events at The Mottingham Community and Learning Shop



Recruitment Event by Caremark Bromley

Caremark Bromley are a local care agency supporting vulnerable adults and children with complex needs to continue living independently within their own home. We are currently recruiting in the Bromley Borough and looking for candidates who are willing to take on the challenge of a new exciting position with us. The benefits of working with Caremark Bromley are flexible working hours, free uniform, ongoing free training and support and contributions to travel expenses. Whether you have experience or not come with a passion for caring and we can teach you the rest!

We have many positions available so if you are interested please come along and have a chat with us.

Wednesday 11th March 14.00 – 15.00

(Information is correct at time of printing)



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BACK TO WORK HELP



Free Internet and a Quiet Space

Happy to do your own job searches, why not use our IT Suite? We have up to date computers with scanning and printing facilities (small charge for printing) and free WiFi, available for your use during our opening hours. No appointment needed, just come along.

Tuesdays – Fridays, 9.30 – 13.00 & 14.00 – 15.50 Subject to change – please check with Shop team.



Work Club – Open to All

Need a few tips? Come along to our weekly sessions for free phone calls to prospective employers, help with CVs, job searches and job applications. Our friendly advisor is on hand with help if you need it. Just pop in, no appointment required.

Wednesdays 14.00 – 15.30. Subject to change – please check with Shop team.



Computer Workshop—Open to All

Need to brush up your IT skills ready for the workplace? UK Online courses and Computer Workshop are just two of the ways we can help. Support is available from our friendly Digital Champions who can assist with smartphones, tablets, laptops, use of applications and getting online.

This is a free, drop—in service.

Thursdays 10.00 – 11.30. Subject to change – please check with Shop team.



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REGULAR SESSIONS – NO APPOINTMENT NEEDED, JUST DROP IN



Bromley Tenancy Support Service

BTSS are here to help Bromley residents in rented properties overcome difficulties they may be experiencing with a variety of issues. A friendly advisor is here every fortnight for one-to-one advice. Sessions are normally held on a Tuesday, see timetable for details.



Clarion Housing

A Neighbourhood Housing Officer from Clarion Housing will be here fortnightly to offer help and support to Clarion residents with any housing or rent issues. No appointment needed, just drop in. Sessions are normally held on a Wednesday, see timetable for details.



Bromley Well Information and Wellbeing support

Bromley Well hold fortnightly sessions here at The Shop offering information and wellbeing support to people with physical or learning disabilities. Sessions are normally held on a Wednesday and Thursday, see timetable for details.



Local Councillors

Your local elected ward councillors hold a fortnightly surgery here at The Shop to help and support local residents with a wide variety of issues. Pop in for a friendly and confidential chat.

Sessions are normally held on a Thursday, see timetable for details.



MCC Which Stitch!

Are you crafty? Do you enjoy making your own personalised gifts or items? Whether you already knit or sew or if you want to learn or be inspired, come along and have a go at something new. Thursdays 10.00 – 12.00. Subject to change – please check with Shop team.



Safer Neighbourhood Police Team

The local Safer Neighbourhood Police Team holds a surgery here at The Shop once a month. Pop in for advice in an informal setting. See timetable for details.



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Services available from The Shop Staff

The friendly and welcoming Shop team can help you with many issues such as:

Bromley Homeseekers

Registration and bidding for properties

Help with Post

Help reading and explaining letters and bills

Open IT sessions

Daily access to computers, scanning and printing facilities and WiFi

Training Advice

Registering you for courses at the Shop and information on other courses/training available at other venues

Lifestyle Advice

Healthy lifestyle advice and information

Local services and activities

Information on services and activities in the Borough and beyond

Benefits

Where to go to get help and information. Forms and information available from the internet

Free phone service

Clients are able to make free phone calls to Bromley Council, DWP or their housing association

Signposting

However, **“if we can't help, we will find someone who can”**, we have an extensive network of partners locally and in the wider area to refer clients to.

We cannot provide home visits or out of hours support