

# Free Courses

Spring Timetable January – April 2022



- H** Holistic services
- O** Open to all
- P** Person centred
- E** Empowering

## Living Well Courses

Book for any of our **Courses** which include five workshops.

### Dates for 2022

### Living Well Courses this term include:

#### January 11<sup>th</sup>

Tuesdays for 5 weeks  
10:30-lunch

#### Affordable Cookery and Level 2 Certificate

Five **free** cookery workshops + Level 2 Cert in Food Safety & Hygiene. Lunch included. At St Martin's, Old Dean.



#### January 13<sup>th</sup>

Thursdays for 5 weeks  
10:30-12:00

#### Eat Well to Live Well

Five **free** workshops to help you make healthier choices. Choosing balanced and interesting diets. What counts and what doesn't. Food labels: Hidden facts. Healthy snacks. Healthy meals on a budget. Stay for lunch?

#### January 14<sup>th</sup>

Fridays for 5 weeks  
10:30-12:00

#### Understanding Tenancies

Five **free** workshops to help you make your tenancy work well. Understand different types of tenancy. Know your rights and your responsibilities. Learn how to balance your housing costs. Save on your energy bills. Take care of your home. Stay for lunch?

#### March 1<sup>st</sup>

Tuesdays for 5 weeks  
10:30-lunch

#### Affordable Cookery and Level 2 Certificate

Five **free** cookery workshops + Level 2 Cert in Food Safety & Hygiene. Lunch included. At The Hope Hub.

#### March 3<sup>rd</sup>

Thursdays for 5 weeks  
10:30-12:00

#### Health for Life

Five **free** workshops to help you take better care of yourself. Self-care: Why it's important. Taking care of your teeth & your body. Food for mood. Sleep Well. Low cost exercise. Stay for lunch?

#### March 4<sup>th</sup>

Fridays for 5 weeks  
10:30-12:00

#### Basic Budgeting

Five **free** workshops to help you make better use of your money. Money in vs money out. Achieving your goals. Short cuts to best deals. Basic Banking. Stay for lunch?

## Book Now

### The Hope Hub

Knoll Road, Camberley,  
Surrey GU15 3SY

Tel: 01276 581174

[www.thehopehub.org.uk](http://www.thehopehub.org.uk)

[admin@thehopehub.org.uk](mailto:admin@thehopehub.org.uk)

Registered Charity No: 1176452

Supported with funding from



# Free Workshops

Spring Timetable January – April 2022



## Living Well Workshops

Book for any of our **Workshops**, 10.30am-12noon at The Hope Hub.

### Dates for 2022

Wednesday 12<sup>th</sup> January

Wednesday 19<sup>th</sup> January

Wednesday 26<sup>th</sup> January

Friday 28<sup>th</sup> January

Wednesday 2<sup>nd</sup> February

Wednesday 9<sup>th</sup> February

Friday 11<sup>th</sup> February

Wednesday 2<sup>nd</sup> March

Wednesday 9<sup>th</sup> March

Wednesday 16<sup>th</sup> March

Friday 18<sup>th</sup> March

Wednesday 23<sup>rd</sup> March

Wednesday 30<sup>th</sup> March

Friday 1<sup>st</sup> April

### Living Well Workshops this term include:

**Feel Well:** Difficult feelings and what we do with them.

**Feel Well:** Personal power and self-esteem.

**Live Creatively:** Seasonal craft & time to be creative.

**Feel Well:** Walking to health.

**Feel Well:** Self-nurture.

**Feel Well:** Coffee morning.

**Grow Well:** Spring bulbs. Summer sowing.

**Feel Well:** Addiction: It's OK to talk about it.

**Feel Well:** Remaining calm in a crisis.

**Live Creatively:** Seasonal craft & time to be creative.

**Feel Well:** Walking to health.

**Feel Well:** Relaxation.

**Feel Well:** Coffee morning.

**Grow Well:** Kitchen garden.

### Throughout the term

Tuesdays and Fridays

### Support for Training and Employment

**Free** one-to-one support to help you find and take your next steps to new opportunities. Support with IT, CV writing, job searches, on-line training, volunteering and employment.

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