



Mondays

10am-12.30pm Art intermediate level with Frank

2-4pm Community Kitchen.

2-4pm Hairdressing by Veronica.

4.30-7.30pm Abbey Performing Arts (full).

Tuesdays

10-12pm Happy Tapping stress relief with Simply Being Happy Linda Swanton.

1-3pm Happy B Sewing with Barbara Hollingum.

7pm every 1st Tues Gong Bath sound meditation with Linda Swanton.

Wednesdays

10-12pm Art for Beginners with Linda Roy new start date will be confirmed soon.

5.30-7.30pm 1-1 New Dawn Counselling. First 5 sessions are FREE.

Thursdays

10-12pm Physical and mindfulness activity session for women including yoga and martial arts with Lucy

2-4pm Digital skills training with VAEF new start date will be confirmed soon.

4.30-7.30pm Abbey Performing Arts (full).

Fridays

2-4pm Community Kitchen.

4.30-5.30pm Performing Arts classes for children with singing, dancing and acting by Abbey Performing Arts.

Saturdays

6.30-8pm Cocaine Anonymous meetings.

**ALL ACTIVITIES ARE FREE UNLESS STATED.
BOOKING ESSENTIAL.**

3Food4U Community Centre 47 Highbridge Street, EN9 1BD

Email: info.3food4u@gmail.com WhatsApp: 07973166940

Registered charity in England. Charity number 1192310