

# Together Thursdays

**Kingsnympton Youth and Community Centre**

**Bringing the community together**

**Thursdays, 10am to 2pm**

**Drop in Term time only**

**10am to 12pm:** Parent Champions Network Cafe  
A space for parents, hosted by parents.

## Parents only sessions

Wellbeing for parents and further education classes on offer: TaiChi Qigong Shibashi, Mindfulness, and Pilates delivered by PCCN, ESOL delivered by Kingston Adult Education.



**10am to 12pm:** St Paul's Kingston  
Coffee, cake and cuppa chat for Kingsnympton residents.

## General community sessions

**12pm to 2pm:** Migrant Advocacy Services (MAS)  
Guest talks and delicious lunch for the community Kingston wide.



Come in and say 'hello' at Kingsnympton Youth and Community Centre, Kingsnympton Park, Kingston KT2 7RP

Use the [kr.afcinfo.org.uk/Cafes](https://kr.afcinfo.org.uk/Cafes) or scan the QR code

For more information, please email [sanya.walker-batson@achievingforchildren.org.uk](mailto:sanya.walker-batson@achievingforchildren.org.uk)



## **Together Thursdays sessions deliver opportunities to socialise and gain new skills, self confidence and make friends.**

We offer practical help with the application process whether that is for schools, employment and development, or benefits to name a few. As well as, signposting advice to adult education and development opportunities, parenting courses, housing, immigration, additional financial support with cost of living and more. Simply tell us what it is you need help with, or just join us to say hello.

**St Paul's Kingston** - Warm, friendly and informal gathering, with cake, coffee, tea and bundles of understanding, quiz games, positive affirmations and sharing life lived experiences.

**Parent Carer Champions Network (PCCN)** - Informal discussion and support with parenting matters, signposting to further resources and more, a couple of hours of respite from the usual, socialise, share ideas and practical tips for parenting children and young people.

**PCCN - TaiChi, Mindfulness, Pilates** - Focus on physical and mental health wellbeing for parents once a week, experience a sense of unity, feel good, switch off from everything else, breathe, just be yourself and enjoy. Priority given to Kingsnympton Estate residents who are parents of children under the age of 18.

**MAS Informative expert guest talks and lunch** - A wonderful jovial experience where the community comes together to eat, bond, share worries, problems and aspirations for the future. The focus is on health and wellbeing whether it's around food and nutrition or healthy lifestyles.

All activities are free, all refreshments and lunch are free, community larder with free food supplies. Conversations, fun and social interactions are free. Visiting Together Thursdays is free.

Achieving for Children, Kingsnympton Youth and Community Centre,  
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