

Together Thursdays 2024/25

Thursdays, Term time only

Kingsnympton Youth and Community Centre, Kingsnympton Park, Kingston KT2 7RW

	Sports Hall	Lounge	Computer Room	Art room	Quiet Room: Wellbeing therapies
10am	Tai Chi Qigong Shibashi by Fiona PCCN*	St Paul's Kingston & PCCN* Coffee, cake and chat	Parent Champions Cafe PCCN*	General ESOL**	Wellbeing therapies PCCN*
11am		St Paul's Kingston & PCCN* Coffee, cake and chat	Mindfulness Parent Champions Cafe PCCN*	General ESOL**	Wellbeing therapies PCCN*
12pm	Pilates by Gen PCCN*	Lunchtime guest talks PCCN* MAS***		ESOL for beginners **	Wellbeing therapies PCCN*
1pm to 2pm	Community larder: free surplus food MAS***	Community Lunch PCCN* MAS***			

- * PCCN: Parent Carer Champions Network. Exclusively for parents of children under the age of 18. Priority is given to Kingsnympton residents, parents and children age 10+ who are experiencing ERSA, or direct AfC/PCCN referrals. Registration is required for TaiChi, Mindfulness and Pilates
- ** ESOL: English for speakers of other languages provided by Kingston Adult Education
- *** MAS: Migrant Advocacy Service - Open to All Kingston residents, all ages welcome

Use the kr.afcinfo.org.uk or scan the QR code to complete the enquiry form

Spring term 2025:

9, 16, 23, 30 January
6, 13, 27 February (no session on 20 February)
6, 13, 20, 27 March*
4 April
(*No afternoon or MAS sessions 2pm to 2pm March)

Summer term 2025: 12 sessions

1, 8, 15, 22 May (No session 29 May)
5, 12, 19, 26 June
3, 10, 17 July



For any further enquiries, enrolment, registration for classes, wellbeing therapies or advice, please email: sanya.walker-batson@achievingforchildren.org.uk, or phone: 07761448348 or just drop in and say hello, all the services are free and we welcome your visit.

