

CÉAD MÍLE Fáilte

FREE COMMUNITY ACTIVITIES

 London Irish Centre

DATE	ACTIVITY	ROOM	TIME
26th April	50 Years Heritage Workshop with Irish in Britain	Tom Bugler	11am-1pm
26th April	Less Alone, More Alive Creative Workshop with Susan Crothers	Tom Bugler	2pm onwards
3rd May	Therapy Dogs	Tom Bugler	2-3pm
3rd May	Organised Walk to the British Museum	Kennedy Hall	1:45pm
9th May	Presentation by Irish in Britain on their 50th anniversary heritage project	Kennedy Hall	2-3pm
17th May	"To cut a long story short" Storytelling with Olivia Armstrong	Tom Bugler	9am-12pm
24th May	Age UK & Voluntary Action Camden	Tom Bugler	10:30-11:30am
31st May	Breathing Exercises	Tom Bugler	2:30-4pm
7th June	"Sounds like Summer" Music Therapy with Nordoff & Robbins	Library	3-5pm
14th June	"Let me tell you a story" with Kate Corkery	Kennedy Hall	2-4pm
21st June	Diddly Dee, come sing with me	Presidential Suite	2-4pm

TO BOOK....



Speak to Mimi in the Kennedy Hall



call 020 7916 2222



email community@londonirishcentre.org



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DATE	ACTIVITY	ROOM	TIME
Every Wednesday	Mindfulness Guided sessions to reduce stress, improve emotional health, sleep and memory	Library	10am-12pm
25th April 9th May 23rd May 6th June 20th June 4th July 18th July 1st August	Men's Group Facilitated by ICAP - a discussion around men's mental health	Library	10:30am-12pm
26th April 10th May 24th May 14th June 28th June 12th July	Digital Clinic One-to-one appointments for help and advice with digital skills	Chapel	2pm 2:30pm 3pm 3:30pm
28th April - 14th July Every Friday	Digital Inclusion Course Smartphones, computers and apps for beginners	Tom Bugler / Chapel	2-4pm

BOOKING DETAILS ON REVERSE SIDE