

KeyChanges Community Hub Timetable

Drop in: 9.00am – 5.00pm Monday to Friday

	AM	AM	AM	PM	PM	PM	PM	PM
MONDAY @ Key Changes*	Coffee & Chat Drop In		Cooking 11-12.30pm			Peer Mentoring 2-5pm		
TUESDAY @ Key Changes	Coffee & Chat Drop In		Managing Social Relationships 11-1pm			Art and Crafts 2-5pm		
WEDNESDAY @ Key Changes	Coffee & Chat Drop In		Job Club 11-1					
			Introduction to Beauty 11-12.30pm					
			Computer Class - ECDL					
THURSDAY @ Key Changes	Coffee & Chat Drop In		Introduction to Hair 11-12.30pm		Addaction Drop In 1-5pm			
			Money Advice Service runs the fourth Thursday of each month					
THURSDAY @ Sidney Street			1-2-1 support from your mentor					
FRIDAY @ Key Changes	Coffee & Chat Drop In		Art Therapy 10.30-11.45		Easy Ways to Make Ends Meet to Make Life Sweet Workshop 2-4pm			
			1-2-1 support from your mentor		1-2-1 support from your mentor			

*KeyChanges-Unlocking Women's Potential, 1 - 11A Elm Lane, Sheffield S5 7TR

**KeyChanges-Unlocking Women's Potential @ Addaction, 42 Sidney Street, Sheffield S1 4RH

Tel: 0114 245 9508; 07520236542

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STRUCTURED GROUP WORK DAYS INCLUDE:

- Peer Mentoring- 5 week course covering issues such as motivational interviewing, safeguarding and boundaries.
- Managing Social Relationships – Workshops to provide knowledge & understanding on social relationships & how to manage them.
- 6-week Introduction to Beauty: On completion, trainees will have the opportunity to continue onto an accredited course run by our 'What Women Want' Training Salon
- 6-week Introduction to Hairdressing: On completion, trainees will have the opportunity to continue onto an accredited course run by our 'What Women Want' Training Salon
- Easy Ways to Make Ends Meet to Make Life Sweet Workshop – Interactive workshops focusing on successfully managing a budget and useful tips. Activities include up-cycling furniture, creating furnishings and designing picture boards.
- Art Therapy – Art Therapy based taster workshops focusing on ways of expressing trauma, stress & anxiety. Developed & delivered by a Specialist Art Psychotherapist.

DROP-IN SESSIONS INCLUDE:

- Job Club: CV writing, disclosing convictions, support with online job search (Universal Jobmatch)
- Computer Class: ECDL syllabus covering basic concepts of information technology, using a computer and managing files, word processing, spreadsheets, databases and presentations.
- Addaction Drop In – Thursdays 1-5pm. The session will be a drop in with a female Addaction worker to complete an assessment in order to be taken onto caseload and be provided with support around substance misuse. Appointments and support will be adapted to suit individual needs. If your support needs are not relevant to our service we will support you in signposting you to a more relevant organisation.
- Cooking
- Arts & Crafts

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