

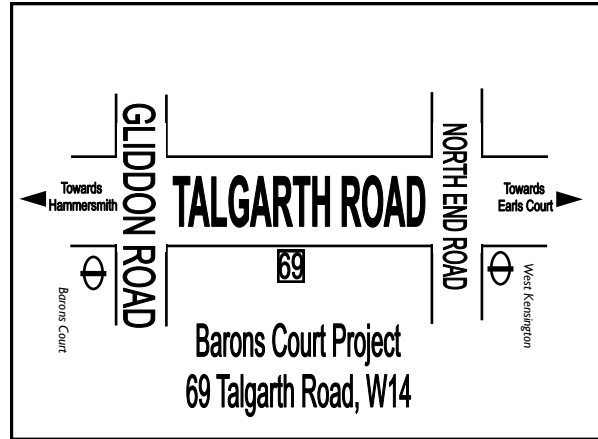


AIMS

- To maintain and promote the partnership of Barons Court Project with service users
- To reduce isolation
- To reduce the risk of people becoming homeless
- To provide free or subsidised practical services
- To offer opportunities for self-development and participation
- To strengthen partnerships between internal and external stakeholders.

RULES

- No Drink or Drugs
- No anti-social behavior or anti-social language.



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Barons Court
Project

TO SUPPORT PEOPLE ON
LOW INCOMES WHO ARE
VULNERABLE TO MENTAL
HEALTH PROBLEMS AND/
OR HOMELESSNESS

0207 603 5232

Barons Court Project

Monday

DROP IN SERVICE

2pm to 5pm

- Friendly social rooms to sit, rest, talk and watch TV
- Café serving cheap meals and drinks
 - Free showers for homeless
 - Book in to use the washing mashing and dryer
- Staff available to give advice and support
- **Poetry and Creative Writing Group**

Takes place every 3 weeks. Ask for details of upcoming sessions.

Price List

Washing Clothes and Drying: £1.30

Tea and Coffee: £0.40

Main Meal: £2.50

Green Palm Meal: £2.50

Showers for Homeless: Free
(10 people can shower per drop in.

Arrive early to get on the list)

Tuesday

Advice Sessions AM

These need to be pre-booked.

We can help with:

Benefits, housing advice, mental health advice and any other issues

DROP IN SERVICE

2pm to 5pm

- Friendly social rooms to rest, talk & watch TV
- Café serving cheap meals and drinks
- Free showers for homeless
- Book in to use the washing mashing and dryer
- Staff available to give advice and support
- **Drama Group 3pm to 5pm**

Wednesday

DROP IN SERVICE

2pm to 5pm

- Friendly social rooms to sit, rest, talk and watch TV
- Café serving cheap meals and drinks
- Free showers for homeless
- Book in to use the washing mashing and dryer
- Staff available to give advice and support
- **Music Group 3pm to 5pm**

Thursday

Advice Sessions AM

These need to be pre-booked.

We can help with:

Benefits, housing advice, mental health and any other issues

LIFE SKILLS CLASS

2pm to 5pm

This 8 week course has to be pre-booked with staff. No drop in today

Cooking class

Learn to cook healthy, simple meals whilst improving your knowledge of food hygiene, budgeting etc.

Computer class

Learn basic computer skills including typing, navigating websites and sending emails.

Friday

GROUPS

Women's Group

12pm to 2pm

A female only space to socialise and take part in trips and activities such as arts & crafts, relaxation, cookery etc. Showers and laundry facilities available

Green Palm Group

2:30pm to 5pm

A social group for black and ethnic minority people. The group enjoys a hot meal and activities such as games, music and trips.