

Shpresa Timetable

Monday & Tuesday

Advice at RAMFEL Suite 22 , ground floor, Cardinal centre, 3-6 High Rd, Ilford. ESSEX IG1 1QP

There is an interpreter available

Please Tel 02075111586 to book an appointment or directly 02084784513

Tuesday

Psycho education group 10:30 – 12:00 Mansfield House, 30 Avenons rd, E13 8HT

Albanian classes at 3:30 -5:00 at Bounds Green School, Bounds Green Rd N11 2QG

Traditional dancing at 3:30 – 5:30 at Cleveland Junior school, Cleveland rd, Ilford , IG1 1EX

Wed

Albanian classes at 3:30 - 5:30 at South Haringay Junior School, Matisson rd, N4 1BD

Thursday

Albanian Classes at 5:00 – 7:00 at Gascoigne school. Gascoigne rd, IG11 7DR

Traditional dancing at 5:00 – 7:00 held at Gascoigne school. Gascoigne rd, IG11 7DR

Parents support group at 5:00 0 7:00 pm at Gascoigne school. Gascoigne rd, IG11 7DR

Friday

Advice provided by Cath Woodall from RAMP at 9:30 – 3:30 held at Mansfield house 30 Avenons rd, E13 8HT please book on tel 02075111586

Albanian Classes held at 3:30 – 5:30pm Churchfield school, Latymer Rd, London, N9 9PI

Traditional classes at 3:30 – 5:30pm Churchfield school, Latymer Rd, London, N9 9PI

Women's support group at 3:30 – 5:30pm Churchfield school, Latymer Rd, London, N9 9PI

Saturday

Albanian classes at 10-1:00pm at Gladesmore Community School, Crowland school, Tottenham, N15 6EB

Traditional dancing at 10-1:00pm at Gladesmore Community School, Crowland school, Tottenham, N15 6EB

Women's support group at at 10-1:00pm at Gladesmore Community School, Crowland school, Tottenham, N15 6EB

Football at 10:00 – 12:45 at Eastbury Comprehensive school, Hulse Avenue , ESSEX, IG11 9UW

Albanian classes at 11:00 – 1:00 at Eastbury Comprehensive school, Hulse Avenue , ESSEX, IG11 9UW

Selfdefence Classes at 11:00 – 2:00 at Eastbury Comprehensive school, Hulse Avenue , ESSEX, IG11 9UW(adult and children)

Drama at 1:00 pm – 2:00 at Eastbury Comprehensive school, Hulse Avenue , ESSEX, IG11 9UW

Women's support group 12:00 – 1:00 at Eastbury Comprehensive school, Hulse Avenue , ESSEX, IG11 9UW (crèche is provided for this session)

Parent's support group 1:00 – 2:00 at Eastbury Comprehensive school, Hulse Avenue , ESSEX, IG11 9UW (crèche is provided for this session)

Sunday

Kickboxing 9:00 – 12:00 am at Durning Hall, Earlam Grove, London, E7 9AB

Albanian classes at 11:00 – 1:00 at Mayfield school , Peddley rd. RM8 1XE

Drama at 2:00 – 3:30 at Mayfield school , Peddley rd. RM8 1XE

Traditional dancing at 11:00-1:00 at Mayfield school , Peddley rd. RM8 1XE

Mentoring at 10:00-11:00 at Mayfield school , Peddley rd. RM8 1XE

Self – defence at 10:00 – 12:00 at Mayfield school , Peddley rd. RM8 1XE

Women's support group at 11:00 – 12:00 at Mayfield school , Peddley rd. RM8 1XE

Parents support group at 12:00 – 1:00 at Mayfield school , Peddley rd. RM8 1XE

Keep fit classes for women at 1:00 – 3:00 at Mayfield school , Peddley rd. RM8 1XE