

# EVOLVE DROP-IN TIMETABLE September 2019

EDUCATION - VOLUNTEERING - VOCATIONAL TRAINING - EMPLOYMENT

## Mondays

**02** 2.30 - 4.30 p.m.  
Brain Gym  
**George Williams  
Centre Portslade**


**09** 3.00 - 4.00 p.m.  
Find out more about  
EVOLVE  
**Jubilee Library**


**16** 2.30 - 4.30 p.m.  
Aspiration Chat  
**George Williams  
Centre Portslade**


**23**  
**Citywide drop ins**


**City-wide Drop ins –  
venues/times above**

## Tuesdays

**03**  
10 Suggestion Box  
11 Brain Gym  
11 Step by Step  


**10**  
10 Football Chat  
11 Step by Step  


**17**  
10 Making with Clay  
11 Step by Step  


**24**  
10 Football Chat  
10 Making with Clay  
11 Step by Step  


**EVOLVE North Road,  
Brighton  
9:30 – 12:00**

**EVOLVE will be at  
Hove Job Centre Plus**

**11 Sep 1-3p.m.**

**15 Sep 1-3 p.m.**

**And Brighton Job  
Centre Plus**

**4 Sep 1-3 p.m.**

**18 Sep 1-3 p.m.**

**Call us on 01273  
675678 to arrange  
to meet us, or just  
pop in.**

**Citywide drop ins  
also available.**

**Don't forget EVOLVE  
offers one to one  
coaching. To refer  
either come along to  
a drop-in or contact  
us, details below.**

## Thursdays

**05**  
**Closed for staff  
training**

**12**  
10 My Recipe Book:  
Thai Cookery  
11 EVOLVE Music

**19**  
10 Interactive Job  
Search  
11 EVOLVE Music

**26**  
10 My Recipe Book:  
Desserts  
11 EVOLVE Music

**EVOLVE North Road,  
Brighton  
9:30 – 12:00**

## Fridays

**06**  
10 EVOLVE Out and  
About: Brighton  
Museum

**13**  
10-12  
EVOLVE Social

**20**  
10-12  
Health Walk

**27**  
10 Book Group  
11 Mindful Movement

**EVOLVE North Road,  
Brighton  
9:30 – 12:00**

### Our Venues:

**EVOLVE** drop-in based in the city centre at: 40 North Road, Brighton, BN1 1YG (please use the entrance off Spring Gardens)



**EVOLVE** offer a drop-in at **George Williams Centre** in Portslade at: Portslade, Brighton, BN41 2AF

You can also find us at **Jubilee Library** on the second Monday of each month, at various housing projects and services in the City and from Mid-June at **Brighton Job Centre**. Call us for further information.

**Step by Step** One-to-One support with English and Maths.

**My Recipe Book** Collect and cook a different recipe each time; Thai food and desserts

**EVOLVE Out and About** Explore Brighton Museum and find out what's on.

**Making with Clay** Get creative with air-drying clay.

**Book group** Come along to our informal book group and have a chat about your favourite book.

**Mindful movement** Mindfulness practise combined with slow movement to help you relax.

**Interactive Job Search** Explore job-searching sites with the help of the **EVOLVE Coaches**.

**EVOLVE Music Workshop 11 a.m.** Create, learn or listen with 'Man like Malcolm.'

**Suggestion Box Making** Help us create a box to collect all of your suggestions for **EVOLVE**.

**EVOLVE Social** A fun morning, with coffee, chats and games.

**Football Chat** Passionate about football? Join us to talk all things football; playing, watching; local activities, volunteering and events.

If you get support from homeless services in Brighton & Hove, **EVOLVE** can help you achieve your **Education, Volunteering, Vocational training** and **Employment** ambitions.

The **EVOLVE** (North Road) drop-in is a welcoming hub that can link you with other local services and provides regular workshops, events and sign-posting sessions. You will also always be able to chat to a Work and Learning Coach, join in mindful creative activity access computers and get good cup of coffee!

