



# SATURDAY CLUB

Integration Support Services offer free activities for migrants, refugees and other ethnic minorities families in a safe & stimulating environment whilst our Family Support Worker offers support and guidance.

ART  
CRAFTS  
MESSY PLAY  
SONGS  
GAMES  
STORY TIME  
FUN



TREE HOUSE FAMILY HUB

**SATURDAY**  
**10:00 - 12:00**  
**12:30 - 14:30**

**NO BOOKING REQUESTED**

FOR ENQUIRIES, PLEASE CONTACT  
07385 292630  
KINGA@ISS.ORG.UK

MAX NUMBER OF PEOPLE  
(INCLUDING ADULTS AND CHILDREN)  
FOR EACH SESSION IS 35





LEARN ENGLISH

ইংরেজি ভাষা শিখুন

APRENDER INGLÊS

INVATA ENGLEZA

ВЫУЧИТЬ АНГЛИЙСКИЙ ЯЗЫК

UCZYĆ SIĘ ANGIELSKIEGO

INGILIZCE ÖĞRENMEK

IŠMOKTI ANGLIŠKAI

ВЧИТИ АНГЛІЙСЬКУ

MATUTO NG INGLES

ANGOLUL TANULNI

انگریزی سیکھیے

अंग्रेजी सीखें

学英语

WE OFFER:

ENGLISH CLASSES

10.00am - 1.15pm

Mondays - Entry 1

Tuesdays - Step 2 & Entry 1

Wednesdays - Step 1

Thursdays - Entry 3

Fridays - Entry 2

1.30pm - 2.30pm

Conversation Club, Reading Club

Please complete our  
assessment to join our class



SCAN  
ME

or

[rb.gy/ttky7](https://rb.gy/ttky7)

01279 639442

ENGLISH@INTEGRATION  
SUPPORT.ORG.UK

WWW.INTEGRATION  
SUPPORT.ORG.UK



integration support services



THE NATIONAL LOTTERY

# WOMEN'S CONVERSATION CLUB



**FRIDAY**

**10:00 - 12:00**

**ACL**

**CENTRAL LIBRARY**

*Free*



**NEW friends**



Welcome all Refugees, Asylum Seekers, Migrants looking to improve their English, find support, develop friendships  
Project Co-ordinator Ana 0739 382 9388





integration  
support

ActiveEssex

# Women's Health Club

*11am - 1pm*

*Every Tuesday*

*Address: Latton Bush Centre*

*CM18 7BL*

## *Empowerment and comprehensive care of women's health*

The women's health club provides a safe space for refugee, asylum seeker, and migrant women to focus on physical and mental wellbeing. Weekly sessions feature yoga, dance, meditation and more. It's all about building community and enhancing health.

Book your Spot here



or

[rb.gy/830dx](https://rb.gy/830dx)



**Free for refugees, asylum seekers & immigrant women**