

# Make & Meet Activities

Spring/Summer 2023

An inclusive, creative and supportive learning environment, focused on reducing loneliness and isolation. Our Make & Meet Space brings people together through free courses, activities and events. Everyone is welcome to the PBHA community. We support people to recover, progress and explore their potential.



## DIGITAL SKILLS: STRESS FREE COMPUTING FOR EVERYONE!

Contact us about classes starting in February 2023

- Learn how to update/ install software
- How to protect your device with anti-virus software
- Activating system files/file recovery
- Backing up files
- Locating settings

Days/Times: Friday's at 10am

## DIY FOR BEGINNERS: INTRO TO FURNITURE MAKING

Contact us about classes starting in February 2023

This is a beginners introduction to furniture construction methods. Make a small stool from scratch and learn skills that you can apply to other furniture making or DIY.

A great introduction to working with wood!

Days/Times: Monday's at 1.30pm

## MONEY MANAGEMENT CLINIC

Contact us for upcoming dates in Hackney & Islington!

Get 1-1 support and advice on your money matters and budgeting skills. Learn to make better decisions about debts, spending and saving.

## CREATIVE ARTS IN THE COMMUNITY (SEND )

Contact us about classes starting in January 2023

Explore your creativity, with access to a range of materials and expert guidance in a fun and relaxed setting. Learn and be inspired by popular art movements!

Days/Times: Wednesday at 11am

## PEER SUPPORT LUNCH GROUP

Sessions take place at Iseldon Canteen  
181 Iseldon Road- Finsbury Park

Come and join us for lunch, a chat or just an opportunity to be around others.

We welcome ideas on activities and can focus on particular themes of your choosing.

Thursdays 1pm to 2.30pm- Contact us to join the group.

## HEALTH AND WELLBEING: OBSERVATIONAL DRAWING

Contact us for classes starting in January 2023

Develop a range of practical drawing skills and improve knowledge of colour theory. Create your very own Zentangle which is known to promote relaxation and decrease stress.

Days/Times: Thursday's 1pm

## CREATIVE DIGITAL SKILLS: SOCIAL MEDIA & NETWORKING

Contact us about classes starting in April 2023

- Gain an understanding of social media apps and their purpose
- Create/ build either a LinkedIn or Instagram account to start your networking journey
- Learn how to create social media graphics, presentations, posters and other visual content.
- Intro to Canva, an online design and publishing tool.

Days/Times: Friday's 1.30pm

## 1-1 DIGITAL SKILLS COACHING

Contact us to get matched with a Digital Champion Volunteer!

Get tailored support to improve your digital skills. Topic areas include emails, banking, budgeting, shopping, managing health and more.

## HEALTH AND WELLBEING: RESILIENCE COACHING

Contact us about classes starting in March 2023

Learn about the skills & tools needed to cope with stress. Practice self-compassion and emerge from challenges feeling stronger.

Days/Times: Tuesday's 1pm

**Our free courses, coaching and training programmes are open to adults 19+ living within Hackney, who are on benefits or low income. PBHA is an inclusive organisation and is keen to support those that are at risk of loneliness and isolation. This may include people with lived experience of homelessness, and mental health conditions, disabilities, autism spectrum disorder and other impairments. Please contact us to learn more about course eligibility. We can also support those living in other London boroughs.**

Find out more on our website, or by contacting  
020 3815 4100 / [learn@peterbedford.org.uk](mailto:learn@peterbedford.org.uk)

## INFORMATION, ADVICE & GUIDANCE SESSIONS

With our expert advice and guidance, understanding and positive attitude, you will be able to:

- identify realistic but ambitious work and learning options that suit you
- develop your skills, such as communication and decision making, as well as IT and job-related skills
- build your confidence and motivation about your future
- increase your chances of completing education and training, or maintaining work
- improve your odds of getting a job

## PARTICIPATION & COPRODUCTION SESSIONS

There are lots of ways for tenants and participants to connect, express themselves, have their say, and take an active role in making decisions and shaping services. Get in touch with us!

## WELLBEING & SUPPORT SERVICE

If you are feeling isolated, our Wellbeing and Support Service can help you to:

- explore your community and meet new people
- improve your mental and physical health
- talk to someone regularly

## VOLUNTEERING OPPORTUNITIES

Volunteering at PBHA is a great way to meet people and develop or learn skills.

We're always looking for enthusiastic, positive and supportive people to join our mission to tackle social exclusion.

We are recruiting the following positions:

- **Digital Champions** - support people with their digital skills.
- **Wellbeing & Support Assistants** - support people to feel less alone through befriending or one-off meets.
- **Gardeners** - work with lead gardener Anna to tend to our community garden.

Find out more on our website, or by contacting  
020 3815 4100 / [learn@peterbedford.org.uk](mailto:learn@peterbedford.org.uk)



## Covid-19 Measures:

For the safety of our all our Peter Bedford Community, we are operating Covid-19 secure measures at all our venues. What this means for you:

- Ventilated spaces
- Large rooms and small class sizes
- We encourage you to keep vaccinations up-to-date.

## More Information:

Our class sizes vary from 8 to 10 learners per session and will take place at our wheelchair accessible Kingsland Hub Venue.

Some sessions will be available at our Isledon Hub, near Finsbury Park Station. We can also deliver some of our programmes externally in partnership with local organisations - contact us for more information.

## Find us at:

**Kingsland Hub,  
242 Kingsland Road,  
London E8 4DG**

**Visit our website to find out more about us:**

**[www.peterbedford.org.uk](http://www.peterbedford.org.uk)**

