

CAFÉ WEST WHAT'S ON GUIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ABILITY ARTS & CRAFT £2 0930-1130	STANDING EXERCISE - 1000-1100	ENGLISH CLASS - 0930-1030	DETANGLED (AFRO HAIR CLASS) - 1000-1200	ART GROUP - £3 1000-1200	JUJITSU- 0900-1100	HOPE CHURCH - 8000-1430
ABILITY COOKING £5 1200-1400	SEATED EXERCISE 1100-1200	MANNINGHAM ADVICE - 0930-1230	SKILLS HOUSE - 1000-1300	TODDLER GROUP - 0930-1030	BEAVERS SCOUTING- 1200-1300	HALL HIRE- (CONTACT FOR PRICING) 1500-2300
INCOMMUNITIES- 1100-1300	INTERGENERATIONAL LUNCHEON & BINGO 1100-1430	CRAFT GROUP - £2 1130-1430	STROKE SURVIVORS- 1030-1430 (LUNCHEON & BINGO)	COMPUTER CLASS- 1000-1200	HALL HIRE (CONTACT FOR PRICING) 1300-2300	
DANCE £2 4-7 YEARS OLD 1700-1745 8-12 YEARS OLDS 1800-1845		INCOMMUNITIES - 1200-1400	STROKE SURVIVORS EXERCISE - 1200-1300	KARAOKE £2 1300-1430		
CUBS SCOUTING - FREE 1845-2030		INTERCUTURAL COOKING- 1300-1400	ESOL - 1230 - 1300	JUJITSU MARTIAL - 1700-1900		
		BRADFORD YOUTH SERVICE - 1800-2030	COMMUNITY FEED- 1730-1830			
			CLUBERCISE- 1700-1830			

CENTRE OPEN MON – THURS 0830 – 1600 FRI 0830–1300 (NOT INCLUDING EVENING SESSIONS AND ACTIVITIES).

CAFÈ OPEN: MON – THURS 0900 – 1430

FRI 0900–1200 (FOOD).

EVENT CATERING

EMERGENCY BAGS

BRADFORD LIBRARY

PUBLIC ACCESS ICT SUITE / ICT SUPPORT

PRINTING SERVICES – 5P BLACK AND WHITE 10P COLOUR (PER SHEET)

FORM FILLING SUPPORT

SAFE SPACE – VICTIMS OF DOMESTIC ABUSE CAN REPORT CONCERNS HERE AND WE WILL PROVIDE THE SUPPORT UNTIL AUTHORITIES ARE INVOLVED.

HOME SAFE REFERRAL – ONLINE REGISTRATION FOR THE FIRE BRIGADE TO CHECK PROPERTIES FOR SAFETY EQUIPMENT & PERSONAL ALARMS.

ON BEHALF OF SUPPORT – WITH YOUR PERMISSION AND WITH YOUR PRESENCE, WE CAN SPEAK ON THEIR BEHALF TO THIRD PARTIES SUCH AS BANKS, HOUSING, BENEFITS, AND OTHER PROFESSIONAL BODIES.

POLICE REPORTING – ANONYMOUS POLICE AND PCSO REPORTING AVAILABLE. (DOMESTIC ABUSE, HATE CRIME)

USER FORUMS – TELL US WHAT YOU THINK.

HEALTH AND MEDICAL – SUPPORT YOU THROUGH APPOINTMENTS, BABY AND ADULT SCALES, BLOOD PRESSURE MACHINES, GLUCOSE MONITORS, GRIP TESTS

BACK ROOM RENTAL

ROOM USES – QUIET SPACE – AVAILABLE ON REQUEST.

WASHING MACHINE AND DRYER

SHOWER ROOM – DISABILITY FRIENDLY SHOWER ACCESSIBLE TO EVERYONE

COMPLEX NEEDS HUB – A ONE-STOP SERVICE TO ALLOW PEOPLE TO GET HELP WITH ANY ISSUES.

VOLUNTEERING OPPORTUNITIES

SANITARY PRODUCTS: AVAILABLE ON REQUEST AND NEED.

DISABILITY AIDS: AVAILABLE ON REQUEST

EQUIPMENT BORROWING: ABLE TO LEND HAND TOOLS, POWER TOOLS, GARDENING EQUIPMENT, HEATERS, AND COOKERS.

CAFÈ WEST, WANSTEAD CRESCENT, ALLERTON, BRADFORD, BD15 7PA – 01274 488 499

INFO@CAFEWEST.ORG.UK – CAFÈ WEST HEALTHY LIVING CENTRE – CHRIS CAFE WEST