

USE OF COMMUNITY SPACE



Friday

facial therapy with Trinity

starting 17th Sept 2021

10am-12noon

includes refreshments

£5 minimum donation

Trinity offers treatments designed to encourage well-being & help individuals combat low mood and fatigue

finding fitness with Lana

12:30pm-1:30PM

coming soon

pay what you feel

Our friendly personal trainer will help find a way into fitness whatever your level in our safe and positive space



saturday

homeless & isolated support

free event

Hot meal, clothes washing & drying facilities, free phone charging, advice & support

sunday

finding fitness

12:30pm-1:30pm (coming soon)

pay what you feel

Our friendly personal trainer will help you find a way into fitness whatever your level in our safe and positive space

healing & meditation 5-8pm

with Darren - starts 12/9/21

pay what you feel

Our relaxation specialists will guide you through techniques to help you recover



monday

thrive art therapy

with Alison Jackson

starts 13/9/21 11Am-2PM

Pay what you feel

Thrive have been combating social isolation with arts & crafts groups during the lockdowns. we are delighted to welcome them to space

one to one tarot

with Paula Jayne

1st Monday of every month
starting 4th oct 2021

7PM-10PM -£20 per person

Reiki healing

resident healer

Every 4 weeks starting 6/9/21

7PM-10PM - £10 per person

includes refreshments

USE OF COMMUNITY SPACE



tuesday

lunchbankpo9 lunch club

12:30pm-2:30PM

coming soon

£5 per person

Our outreach programme comes home to support those isolated with a safe inviting **bankcafe** experience with a healthy meal and entertainment

Contact Us:

Bank Community Space
Unit 43 Greywell Road
Greywell Shopping Centre
Leigh Park
Havant
PO9 5AL

Centre Manager

Pauline / Darren - Tel: 07726 318944



wednesday

Biscoes sponsors

Mentorsbankpo9

1PM-3PM

Free solicitors surgery in our relaxed environment helping to tackle family matters and develop mentoring opportunities that will make our community brighter

Pridebankp09

Free event with Lolly

under 18s 4:30PM-6:30PM

over 18s 7PM-9PM

Support group for individuals and families living with LGBTQ+ interests and concerns in a rapidly changing world advocacy, advice, activities and more - donation if possible



thursday

community education network
with Roxy

Starts 9th Sept 2021

10AM-12PM

Free support for parents/carers choosing to community school their children. Opportunities to share skills and socialise

lunchbankpo9 lunch club

12:30pm-2:30PM

coming soon

£5 per person

A safe inviting **bankcafe** experience with a healthy meal and entertainment

sharing circle 7-9PM

every thursday from 9/9/21

£10 including refreshments exploring **community** energies



Are you are a patient from one of the following GP Practices?

Bosmere Medical Practice
Park Lane Medical Centre
Staunton Surgery
Oaks Healthcare
The Village Practice
Denmead Medical Practice

Do you or your family need advice, information or guidance?

Please come and see us at BankCommunitySpace
Greywell Shopping Centre

Drop in between 10am-12pm Tuesdays

Our Social Prescribers, Care Co-ordinators and Health and Wellbeing Coaches are available to speak to you. We work alongside your GPs and Nurses and have a wealth of non-medical and social information.

PLEASE FEEL FREE TO DROP IN

Refreshments available to purchase which helps support the Bank Community Interest Company

