



## Tarner Multicultural Group

A family friendly 6 week project open to everyone interested in improving their health and wellbeing.

10am - 12pm, Wednesday 29<sup>th</sup> May to 3<sup>rd</sup> July, **come** to the **Tarner Multicultural Group** at **Brighton Unemployed Centre and Family Project** (upstairs Café area) to **discover** what's happening locally, and where you can get support to improve your health and wellbeing.

**No booking needed and open to all.**

<b>FREE Health and Wellbeing Talks</b>	<b>FREE Activities</b>
At Brighton Unemployed Centre and Family Project 6 Tilbury Place, Brighton, BN2 0GY	<b>Various</b> location, dates and times
<b>10am – 12pm, Wednesday 29<sup>th</sup> May</b> <i>Social Prescribing</i> for people with social, emotional or practical needs. <i>Mental health and wellbeing</i> with <b>Mind</b> Brighton and Hove.	<b>Zumba</b> 5.30pm - 6.15pm Wednesday 29 <sup>th</sup> May
<b>10am – 12pm, Wednesday 5<sup>th</sup> June</b> <i>Free travel help</i> for people looking for work. <i>Healthy relationships advice</i> from <b>Rise</b> , supporting people affected by domestic abuse.	<b>Dancing</b> 10am - 11am Monday 10 <sup>th</sup> June
<b>10am – 12pm, Wednesday 12<sup>th</sup> June</b> <i>Migrant ESOL</i> support from MESH Project Workers. <i>Dementia Awareness Training</i> with <b>Dementia Action Alliance</b> .	<b>Healthwalk</b> 10am – 11am Tuesday 18 <sup>th</sup> June
<b>10am - 12pm, Wednesday 19<sup>th</sup> June</b> Learn about what causes <i>Diabetes</i> , how to prevent it and manage symptoms with <b>Diabetes UK</b> .	<b>Pilates</b> 11am – 12pm Tuesday 25 <sup>th</sup> June
<b>10am – 12pm, Wednesday 26<sup>th</sup> June</b> Calling all adults and families wanting to improve their <i>health and wellbeing</i> with <b>Healthy Lifestyles Team</b> .	<b>Funkfit</b> 4.45 - 5.45pm Thursday 27 <sup>th</sup> June
<b>10am – 12pm, Wednesday 3<sup>rd</sup> July</b> Learn about HIV, transmitted infections and maintaining good <i>sexual health</i> with <b>Terrence Higgins Trust</b> .	<b>Birling Gap</b> 10am – 3pm Thursday 4 <sup>th</sup> July

**For info and to get involved contact:** Ratna Jan Bibi, Community Development Worker, BME Communities (Wellbeing) [ratnajanbibi@trustdevcom.org.uk](mailto:ratnajanbibi@trustdevcom.org.uk) / 07445183 142

