

SHELL Centre 1

Spring 2021 Timetable



Linnel House, Boundary Road, London NW8 0HS

Tel: 020 7372 7021 / 07845448840

www.shakonline.co.uk email: shell@shakonline.co.uk

MONDAY	Preparing for Employment <i>Remote Support for job seekers- CV writing, online search, interview skills & confidence.</i> 10am – 12pm***Please call or email to register***
TUESDAY	Preparing for Employment 10am – 12pm Q&A About Preparing for Employment 1pm – 2pm Via Zoom ***Please call or email to register***
WEDNESDAY	Computer Skills For Work And Life <i>Remote Support for beginners – learn the basics of computers for work or fun!</i> 10am – 12pm CV Writing 1pm – 2pm Via Zoom***Please call or email to register***
THURSDAY	Interview Skills 1pm – 2pm Via Zoom***Please call or email to register***
FRIDAY	Computer Skills For Work And Life 10am – 12pm***Please call or email to register***

Please turn over to see the Spring 2021 timetable for SHELL CENTRE 2

Train stations: South Hampstead Overground, Kilburn Park, Swiss Cottage. *Buses:* 31, 139 & 189. All our courses, workshops, classes and activities are FREE for local residents! To find out more, please call 0207372702 or email shell@shakonline.co.uk



The South Hampstead And Kilburn
Community Partnership



SHELL Centre 2

Spring 2021 Timetable



SHELL CENTRE 2

Fielding House, Boundary Road, London NW8 0HU

Tel: 020 7372 7021 / 07845448840

www.shakonline.co.uk

MONDAY	<p>Online Healthy Eating Sessions</p> <p><i>Learn how to make simple healthy dishes on a budget following Eat Well Guide</i></p> <p>11am – 12pm starting 18th Jan 2021</p> <p>***Please call or email to register***</p>
TUESDAY	<p>Online English for Everyday E1, E2</p> <p>10am – 12pm</p> <p>Tai Chi via Zoom</p> <p>10am – 11am ***Please call or email to register***</p>
WEDNESDAY	
THURSDAY	<p>Health & Wellbeing Cafe (Cultural Advocacy Project)</p> <p><i>Raising awareness and promoting good mental health and wellbeing.</i></p> <p><i>Share/listen to experiences in a friendly and welcoming group.</i></p> <p>Online 11am - 12pm ***Please call or email to register***</p> <p>SHAK Chef</p> <p>Collect ingredients from us, Learn fun and simple recipes to cook with your family, Learn how to reduce waste and cook on a budget, Watch our cooking videos and share yours.</p> <p>Online 3.30pm – 4.30pm ***Please call or email to register***</p>
FRIDAY	

