

## Barons Court Project, Come on in...

### Extended Hours

The extended opening hours of 10:30-2pm are exclusively for those that are rough sleeping or in night shelters. People are welcome to stay for the rest of the day until we close at 5pm. This extended period runs until 31st March 2020

### Monday - Friday 10:30am-2pm

During this time those that are rough sleeping will be able to access the following services:

- Showers
- Laundry
- Hot drinks, breakfast & lunch
- Clothing
- 1-2-1 appointments
- Access to the drop in areas

### Tuesdays & Thursdays 10-1pm

**One to One:** Advice and advocacy with dedicated project workers. Pre booked sessions to help with benefits, housing and health and other problems or worries

### Friday 11:30-1:30pm

**Womans Group:** Peer support, make friends, relax, have a cuppa, engage in creative activities

*Our ethos is one of respect, inclusivity, and tolerance*

*Rules: No drugs, drink or anti-social behaviour or language*

## Activities for Learning and Good Health

### Monday 2-5pm

**Drop in:** friendly social rooms to sit and relax, talk, watch TV and ask for advice and support. Hot meals\* IT suite\* get a hair cut\* FREE showers for homeless\* Laundry @ £1.30 (book first)

**Guitar Workshop**  
3pm-4:45pm

### Tuesday 2-5pm

**Drop in:** friendly social rooms to sit and relax, talk, watch TV and ask for advice and support. Hot meals\* IT suite\* get a hair cut\* FREE showers for homeless\* Laundry @ £1.30 (book first)

**Art Workshop**  
3pm-4:45pm

### Wednesday 2-5pm

**Drop in:** friendly social rooms to sit and relax, talk, watch TV and ask for advice and support. Hot meals\* IT suite\* get a hair cut\* FREE showers for homeless\* Laundry @ £1.30 (book first)

### Thursday 2-5pm Life Skills

**Art & Crafts Group**  
(booking required)

**IT/Employability Group**  
(booking required)

**Cooking Group**  
(booking required)

### Friday 2-5pm

**Drop in:** friendly social rooms to sit and relax, talk, watch TV and ask for advice and support. Hot meals\* IT suite\* get a hair cut\* FREE showers for homeless\* Laundry @ £1.30 (book first)

**1-2-1 Talking Space**  
2:40pm-5pm

### Saturday 2-6pm

**Recovery & Abstinence Group:** Run by ex users for other ex-users. A safe, relaxed peer support group where you can sit down for a meal or chat over a coffee. Our IT suite is available during this period