

INUF Activities at Ithaca House!!

September 2019

Coming Soon:

INUF in-house activities and workshops on the horizon; 'The Film Club' (90 mins feature film in-house screening: TBC)

Drop In:

INUF is open for members Drop In from 10:30am to 16:30pm Monday to Thursday. This activity is closed on Fridays.

Volunteer Training – in-house development:

INUF will be dedicating time to Volunteer development and training at Ithaca House on Fridays (mainly).

Monday	10:30 – 16:30	Drop In (<i>facilitated to meet other members</i>)	Just turn up
	10:00 – 17:00	One-to-one Counselling sessions (<i>with BACP Counsellor</i>)	By appointment
	10:30 – 16:30	I.T. Suite Access	Just turn up
	12:00 – 13:00	Men's group	Just turn up
	13:15 – 17:15	Advocacy Service (<i>advice, guidance, info & support</i>)	By appointment
	14:00 – 16:00	Draughts – tournament (<i>First Monday of the month</i>)	Just turn up

Tuesday	10:30 – 16:30	Drop In (<i>facilitated to meet other members</i>)	Just turn up
	10:30 – 12:30	Football Sessions (<i>bring/wear casual fit clothes + short walk</i>)	Start of session
	10:30 – 16:30	I.T. Suite Access	Just turn up
	13:15 – 17:15	Advocacy Service (<i>advice, guidance, info & support</i>)	By appointment

Wednesday	10:30 – 16:30	Drop In (<i>facilitated to meet other members</i>)	Just turn up
	10:30 – 16:30	I.T. Suite Access	Just turn up
	13:00 – 16:00	Money A+E – Money Advice (<i>Last Wednesday of month</i>)	By appointment
	13:30 – 15:30	Fitness Pursuit: Level 1 (<i>casual fit clothes + short walk</i>)	Just turn up

Thursday	10:30 – 16:30	Drop In (<i>facilitated to meet other members</i>)	Just turn up
	10:30 – 16:30	I.T. Suite Access	Just turn up
	12:00 – 16:00	"INUFsaid" podcast: (<i>recording once per month only</i>)	By appointment
	12:00 – 15:00	INUF Riders (<i>casual fit clothes + short walk</i>)	Start of session
	12:30 – 14:30	Art Workshop	Just turn up
	14:00 – 15:00	Fitness Pursuit: Level 2 (<i>casual fit clothes + short walk</i>)	Just turn up
	15:00 – 17:00	Fitness session (<i>bring/wear casual fit clothes + short walk</i>)	Start of session

Friday	10:00 – 14:00	Volunteer Inductions: training and development	Volunteers only
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Please arrive in Reception or use the contact details below to ask for more information about anything we do that may be of interest.

Independent Newham Users Forum – for mental health (INUF)

Ithaca House, 27 Romford Road, Stratford, London, E15 4LJ

T: 020 8534 2488 e: admin@inuf.org

W: www.inuf.org

tweet: [@INUF_thecharity](https://twitter.com/INUF_thecharity)

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