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Gaysham Avenue, Gants Hill, Ilford, Essex, IG2 6TD

Festive Chill and Chat

This event is part of our Learning in mind programme and is open to anyone that has enrolled on one of the programmes courses



Thursday 17th December 2015

12.30pm—2.30pm

Venue: Redbridge Institute, Gaysham Avenue, Gants Hill IG2 6TD.

Christmas can be a challenging time so why not come along to our 'Festive Chill and Chat' event where we'll be offering:

- Free tea and coffee
- Free mince pies
- Advice and guidance on health and wellbeing
- Tips on how to get the most out of the festive season



The aim of this event is to provide a place for people to relax and have an informal chat in a friendly, safe and supportive environment. *This event is part of our Learning in mind programme and is open to anyone that has enrolled on one of the programme's courses.*



For further information about the event please contact reception:

Call: 020 8550 2398

Email: enquiries@redbridge-iae.ac.uk.

