



# Shantona Activities 2024

## Monday

Free English conversation class  
10.00-12.00pm at The Bangladeshi Ctr (Ladies only)  
Contact:  
charanjit@shantona.co.uk

## Tuesday

Aasroy Project DVA Group support session work (Ladies only)  
10.00-12.00pm @ Bangladeshi Centre  
Contact:  
thamanna@shantona.co.uk

## Wednesday

Free Mon Café (Ladies only)  
09.30-12.00pm  
A safe space for you to improve your well being and join activities such as yoga  
Bangladeshi Centre  
Contact:  
hajirah@shantona.co.uk

Community Messenger Training to become advocates in the local community  
09.30-12.00pm at The Bangladeshi Ctr (Ladies only)  
Contact:  
Khela@shantona.co.uk

Needle & thread  
1.00-3pm  
@Bangladeshi Ctr  
Contact:  
Charanjit@shantona.co.uk

Youth club Girls-  
6-10 year old & 11-18 yrs  
5.00-7.00pm  
Contact:  
Zubeda@shantona.co.uk

## Thursday

Free English Literacy Class  
09.30-11.30am at The Bangladeshi Ctr (Ladies only)  
Contact:  
samia@shantona.co.uk

Over 50's luncheon club  
11.30-2.30pm (Ladies only)  
Bangladeshi Centre  
Lunch provided cost £2.00  
Contact:  
charanjit@shantona.co.uk

## Friday

Free Coffee morning (Ladies only). 1st Friday of each month  
09.00-10.30am  
Contact:  
khela@shantona.co.uk

ISVA drop in service  
First Friday of each month  
11.00-1.00pm  
Contact:  
naggina@shantona.co.uk

## Saturday

Boys Youth Club  
10-17year olds  
11.15-1.15pm  
@bangladeshi ctr  
contact: Saima  
S.hussain@shantona.co.uk