

Upcoming...

WOMEN'S EMPOWERMENT GROUP

EMOTIONAL ABC ART WORKSHOP

CEEUS CREATIVE NETWORKING IN LONDON

CEEUS NETWORKING MEETING

WOMEN'S WELL-BEING WORKSHOP

LEADERSHIP TRAINING

I AM GOING TO A MAGICAL LAND

YOGA SESSIONS

BOAT TRIPS

FISHING TRIPS

CANOEING

NATURE WALKS

see chances.inspire changes.
make noise.

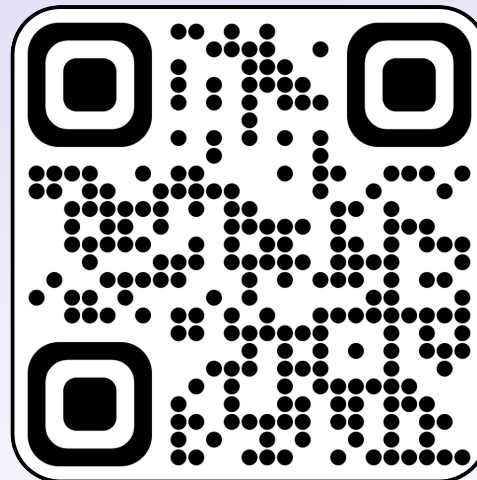
CEEUs! Network

A network of collective innovators creating a Migrant presence.

Over the past few years, we have been engaging with communities and establishing a Central and Eastern European migrant presence in British Society, Public Life, the Cultural Scene and beyond.

Building upon the views of our communities we have created CEEUs!; a network for creatives with a Central and Eastern European migrant background.

Our main aims are to address the underrepresentation of Central and Eastern European migrants in the UK, xeno-racism and hostility. We want to encourage, empower and promote CEE migrants to share their voices and foster networks that can achieve definitive actions. We want to train future leaders and migrant activists.



Scan me!

Centrala

phf Paul Hamlyn
Foundation

CEE US!

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make noise.

What's on this month?

April 2024



Unit 4 Minerva Works
158 Fazeley Street, Birmingham, B5 5RT
0121 5130240
www.centrala-space.org.uk

See Chances...

ESOL Wednesdays
10am - 12pm
6 - 8pm
At Centrala, we offer ESOL, (English for Speakers of Other Language). Don't miss this chance to improve your English language skills and open doors to new opportunities.
Saturdays
10am - 12pm

JOB CLUB* Thursdays
10am - 12pm
We provide 1:1 support with job hunting, job applications, and gaining interviews.

ONLINE EMPLOYABILITY WORKSHOP* Tuesdays
10am - 12pm
Offering advice and support to enable Ukrainians in Birmingham to gain the necessary interview skills to find employment in the UK.
30th 1pm - 3pm

ADVISORY DROP IN SESSIONS Tuesdays
2pm - 5pm
Do you have questions about employment, schools, or education? Are you confused about housing or accessing a GP? Every Tuesday we are here to offer advice, and help you find the support you need.

DROP IN SESSIONS WITH RMC Wednesday
10th, 24th
12pm - 1pm
Offering advice and support for Ukrainians: social support; staying with hosts and moving on; health and mental health; art and culture; opportunities to get involved and be active, and housing advice.

DROP IN SESSIONS WITH SPRING HOUSING Thursdays
12pm - 5pm
Offering Ukrainians advice on: initial housing support on arrival; move on support; post tenancy support, and actions and support planning for individuals.

Inspire Changes...

I AM GOING TO A MAGICAL LAND* Wednesday 3rd
2pm - 4pm
Through the theme of play, music, and art therapy, children and parents will take part in a workshop where together they will learn how to recognise emotions and using physical sensations to identify emotions

EMOTIONAL ABC ART WORKSHOP* Saturday 6th
2:30pm - 4:30pm
During the workshop parents will be provided with Emotional ABC (Emotional Skill program) to help them to understand their children and themselves how to recognise stress and trauma. We will provide tools to help to cope with potential stressors/triggers of trauma.

START YOUR CAREER IN CARE Thursday 25th
1pm-2pm
A care company will host an employment opportunity event for Central and Eastern Europeans. They specialise in supporting people to gain Level 1 qualifications in care which can lead to a guaranteed job interview.

WOMEN'S WELL-BEING WORKSHOP* Saturday 27th
12.30pm- 2.30pm
Find Your Place in Space: Art and Movement Workshop with Outside The Box.

Make Noise...

EASTERN INCANTATIONS* Friday 5th
6pm - Late
FREE
Eastern Incantations weekend, two evenings of experimental sounds from Eastern Europe and Migrant performers.
Saturday 6th
7:30pm - Late
£15

RAGE ROOM* Saturday 13th
12pm - 3pm
During this workshop participants will come together to journey through the experience of accessing, channelling and releasing anger, the opportunities and possibilities this presents for transformative healing

GAMES CLUB Saturdays
12pm - 2pm
Boardgames, cards, chess, draughts

CEEUS NETWORKING MEETING* Wednesday 17th
6:30pm - 8:30pm
Monthly networking events for Central and Eastern Europeans to chat, create connections, and community.

***BOOK ON OUR WEBSITE**

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