

ANTIFREEZE TIMETABLE – JULY 2023

37 Portland Road, Hove, BN3 5DQ | Tel: 01273 774140

Please note that this timetable is subject to changes with available staffing

Monday	Tuesday	Wednesday	Thursday	Friday
10 AM-12.00 NOON	10 AM-12.00 NOON	10.30 – 11.30 AM	10 AM-12.00 NOON	10 AM-12.00 NOON
<p>1-2-1 GOAL-FOCUSED APPOINTMENTS (subject to availability)</p>	<p style="color: red;">ANTIFREEZE CENTRE CLOSED (staff unavailable)</p>	<p>WOMEN'S ONLY GROUP with CGL peer mentors</p>	<p>1-2-1 GOAL-FOCUSED APPOINTMENTS and/or DONATION SORTING (subject to availability)</p>	<p>1-2-1 GOAL-FOCUSED APPOINTMENTS and/or DONATION SORTING (subject to availability)</p>
1-3 PM	1-3 PM	1.30-3.30 PM	1-3 PM	1-3 PM
<p>GENERAL DROP-IN (showers, laundry & support - ask staff for details) with Oral Health 3rd, 17th & 31st Nurses 10th & 24th Haircuts for Homeless 3rd & 17th (ask staff for details)</p>	<p>GENERAL DROP-IN (showers, laundry & support - ask staff for details)</p>	<p>1-2-1 GOAL-FOCUSED APPOINTMENTS (subject to availability)</p>	<p>SKILLS & JOBS CLUB (help with finding a job, skills courses and/or volunteer opportunities) 6th & 20th (ask staff for details)</p>	<p>GENERAL DROP-IN (showers & laundry) with Lawstop 14th & 28th (ask staff for details)</p>
3-4 PM	3-4 PM	3.30-4.30 PM	3-4 PM	3-4 PM
<p>1-2-1 GOAL-FOCUSED APPOINTMENTS (subject to availability)</p>	<p>1-2-1 GOAL-FOCUSED APPOINTMENTS (subject to availability)</p>	<p>1-2-1 GOAL-FOCUSED APPOINTMENTS (subject to availability)</p>	<p>1-2-1 GOAL-FOCUSED APPOINTMENTS (subject to availability)</p>	<p>PINNACLE OF THE WEEK (Christian reflection & worship for clients of all faiths and none)</p>

Please note that **LAUNDRY** can only be dropped off when the centre is open (NOT BANK HOLIDAYS)
Staff are available **MONDAY to FRIDAY between 1-3pm to receive laundry**

SHOWERS can be accessed during any general Drop-ins

FOOD/DRINKS AND OTHER PROVISIONS i.e. clothes, sleeping bags etc will be available during General Drop-ins, 1-2-1 appointments or during Van/Evening street outreach.

THANK YOU FOR YOUR UNDERSTANDING ☺