

ANTIFREEZE TIMETABLE – SEPTEMBER 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 <i>closed 1st</i>
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
1-2-1 GOAL-FOCUSED APPOINTMENTS (subject to availability)	ANTIFREEZE CENTRE CLOSED (staff unavailable)	WOMEN'S ONLY GROUP with CGL peer mentors	1-2-1 GOAL-FOCUSED APPOINTMENTS (subject to availability)	1-2-1 GOAL-FOCUSED APPOINTMENTS (subject to availability)
1-3 PM	1-3 PM	<i>1.30-3.30 PM</i>	1-3 PM	1-3 PM
GENERAL DROP-IN with showers, laundry & support <i>and</i> Nurses 4th & 18th Oral Health 11th & 25th Haircuts for Homeless 11th & 25th	GENERAL DROP-IN with showers, laundry & support	1-2-1 GOAL-FOCUSED APPOINTMENTS (subject to availability)	SKILLS & JOBS CLUB (help with finding a job, skills courses and/or volunteer-opportunities) fortnightly 14th & 28th	GENERAL DROP-IN with showers, laundry & support <i>and</i> LawStop 8th & 22nd
3-4 PM	3-4 PM	<i>3.30-4.30 PM</i>	3-4 PM	3-4 PM
1-2-1 GOAL-FOCUSED APPOINTMENTS (subject to availability)	1-2-1 GOAL-FOCUSED APPOINTMENTS (subject to availability) <i>OR</i> EMPOWER COURSE <i>TBC</i>	1-2-1 GOAL-FOCUSED APPOINTMENTS (subject to availability)	1-2-1 GOAL-FOCUSED APPOINTMENTS (subject to availability)	PINNACLE OF THE WEEK (Christian reflection & worship for clients of all faiths and none)

Please note that **LAUNDRY** can only be dropped off when the centre is open
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.

WE ARE CLOSED ON FRIDAY 1st SEPTEMBER
THANK YOU FOR YOUR UNDERSTANDING ☺