

Fold this leaflet along the dots - and everything will be the right way round.



Scan this QR code and just add your location for walking directions:



Scan this QR code to see the number 18 bus route, the best bus to use to get to the centre:

Directions to the centre

To find out more you can email us at, WLSC@Launchpadreading.org.uk or you can call us on **0118 9291135** or you can come and meet the team. Our address is **135 Cardiff Road, Reading, RG1 8JF.**

Hello and welcome to our Work and Life Skills Centre.

This month's partners

In May we're really pleased to be working with Build on Belief (BoB) Substance Recovery with daily online support groups. We would also like to thank Lucy Clarke for giving her time to run photography sessions at the centre.

We will be partnering with Holt nurses alongside an NHS mental health practitioner. And working with Thames Water for their support with career opportunities.

And, as ever, we will be joined by our wonderful tutors and volunteers.

Private Hire

Launchpad's centre is available for hire and have a wide range of options, ranging from a single desk to the whole centre. If you'd like to find out more about hiring the centre, call the team on

0118 9291135.

StMungo's

We're really proud that since we began at the centre in October 2025, we've provided employment support to over 22 individual clients. **Take a look at the timetable for the next session.**

Once a month, you can also meet our Thames Water Talent Outreach Partners - who can support with CV writing, job searching and interview support.

St Mungo's are working in collaboration with Launchpad Work & Life Skills centre to offer a twice-monthly Employment Support Drop-in.

Everyone who takes part will initially meet a Launchpad team member, who will chat with you to find out if you need immediate, urgent support or, they will complete a referral form with you, if you require more in-depth, ongoing Support. In both instances, after this initial meeting you'll be working with a St. Mungo's employment specialist.

Launchpad's Work and Life Skills Centre timetable

May 2026

Our centre is a warm space to learn, create and connect. We are open Monday to Friday, 10am - 3pm.

Please note we are closed on the 4th May and for the whole week starting 25th May.

Whether you are looking to gain a new skill or looking for a place to relax and chat at our internet cafe, there is something for everyone!



Launchpad

Preventing homelessness

May 2026

Day

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

- **Internet Café including private rented property searches**
11th and 18th,
11am - 1pm
- **Employment support with St Mungo's**
18th, 10am - 1pm
- **Employment opportunities with Thames Water**
18th, 10am - 11:30pm

- **Guitar lessons for beginners**
5th, 12th and 19th,
11am - 12pm
- **Sewing & Repair**
5th, 12th and 19th,
12 - 2pm

- **Cooking**
6th and 20th,
11am - 3pm

- **Integrated Offender Management Support**
7th, 14th and 21st,
10am - 12pm
- **Internet Cafe including private rented property searches**
7th, 14th and 21st,
10am - 12pm

- **Mindfulness relaxation**
1st, 8th, 15th and 22nd,
11am - 1pm
Women only
- **Photography**
1st and 15th,
11am - 12pm
- **NHS Cervical cancer screening awareness**
1st, 8th, 15th
11am - 1pm

We are marking UK Mental Health Week on the 15th May

Afternoon

- **Read Easy book club**
11th, 1 - 2pm
- **HOLT NHS nurse check-ups and mental health practitioner**
11th and 18th
1 - 3pm

- **Art**
5th, 12th and 19th,
1pm - 3pm

- **Laundry & well-being.**

An opportunity to wash your clothes at the centre, and talk to the team
6th, 13th and 20th,
11am - 2pm

- **Self Defence**
7th and 21st,
2 - 3pm
- **Gardening**
7th, 14th and 21st,
1pm - 2pm

- **Mindfulness relaxation**
1st, 8th, 15th and 22nd,
1.20 - 2.50pm
Men only
- **Internet Cafe**
15th and 22nd,
12 - 3pm

Laundry: Everyone is welcome to use the washing machines at the centre everyday when taking part in an activity. On Wednesday, anyone can use the machines, but we expect this slot to be busy so please call to book a space in advance.

BoB online recovery support: is available whenever we are open. Speak to the team for more details.