

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@Launchpadreadingreading.org.uk](mailto:WLSC@Launchpadreadingreading.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

We would like to thank Christopher Marshall from Bike Tune Ltd for keeping peoples' bikes roadworthy and Kathy Ross for her sewing sessions.

We will be partnering with Citizen's Advice, 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.**



**Launchpad**

Preventing homelessness

**Please note we are closed on the 31 August.**

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's Work and Life Skills Centre timetable August 2026

Our centre is a space to learn, create and connect. Please see the timetable overleaf for activity times.

### Have you read the Work and Lifeskills centre guide?



Scan this QR code to read the guide:



**August  
2026**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**AM**

- **Online support & internet café including private rented property searches**  
Every week, 11am-1pm
- **Employment support with Thames Water**  
3rd, 10 - 12:00pm

**PLEASE NOTE:** The centre is closed on the 31st August

- **Guitar lessons for beginners**  
Every week, 11am-12pm
- **Sewing & repair**  
Every week, 12-2pm

- **Cooking**  
Every week, 11am-3pm
- **Internet cafe, social drop-in and laundry**  
Every week, 11am-2pm, final wash 1pm

- **Integrated offender management support**  
Every week, 10am-12pm
- **Internet cafe including private rented property searches**  
Every week, 10am-12pm
- **Sewing project**  
6th, 13th & 20th, 11am - 1pm

- **Mindfulness relaxation Women only**  
Every week, 11am-1pm  
Please note on the 14th August this session will run from 10:30 - 12:30

**PM**

- **Read Easy book club**  
3rd & 17th, 1-2pm
- **HOLT NHS nurse check-ups & mental health practitioner**  
Every week, 2-3pm
- **Gentle exercise**  
3rd, 17th & 24th  
Every week, 2-3pm
- **Citizen Advice Reading drop in**  
3rd, 10th & 24th, 1-3pm

- **Bicycle service and minor repairs**  
4th, 12-2pm
- **Art**  
4th, 11th & 18th, 1pm-3pm

- **Citizen's Advice Reading digital/ financial support workshop**  
26th, 2-3pm

- **Self defence**  
6th, 13th & 20th, 2 - 3pm
- **Gardening**  
Every week, 1pm-2pm
- **Shared Voice Reading**  
27th, 1:30-3:30pm

- **Beautician - mini facial and manicures**  
21st & 28th, 12:30-2pm, Please book in advance!
- **Mindfulness relaxation Men only**  
Every week, 1:20-2:50pm  
Please note on the 14th August this session will run from 12:30 - 2pm
- **Internet cafe** Every week, 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 them to be busy - machines can be used on a first come, first served basis.

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