

Launchpad's Work and Life Skills Centre timetable **October 2026**

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

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!

Hello and welcome to our Work and Life Skills Centre.

To find out more you can email us at, wpsc@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.**

Directions to the centre

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:



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

Have you read the Work and Lifeskills centre guide?



Launchpad
Preventing homelessness

Welcome to Launchpad's
Work & Life Skills Centre

This month's partners

We would like to thank Nicki, for the ESOL lessons.

We will be partnering with Citizen's Advice, Holt nurses alongside an NHS mental health practitioner. And working with St Mungo's 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.

Scan this QR code to read the guide:



October 2026		Monday	Tuesday	Wednesday	Thursday	Friday
AM		- Internet café Every week, 11am-1pm - Employment support with St Mungo's 12th, 10am-1pm	- Guitar lessons for beginners Every week, 11am-12pm - Sewing & repair Every week, 12-2pm	- Mental health & wellbeing 121 support facilitated by Together 14th & 28th, 11am -12:30pm - Internet cafe, social drop-in and laundry Every week, 11am-2pm, (final wash 1pm)	Internet cafe Every week, 10am-12pm PLEASE NOTE: The centre is closed 9am-1pm on the 15th October.	- Photography 2nd & 16th 11am-12:30pm - Internet cafe Every week, 11am-3pm
	PM	- Read Easy book club 12th & 26th, 1-2pm - HOLT NHS nurse check-ups & mental health practitioner Every week, 2-3pm - Gentle exercise Every week, 2-3pm - Citizen Advice Reading drop in 12th & 26th, 1-3pm - Food Hygiene Certificate Level 1 5th, 12th & 19th, 1-3pm	- Bicycle service and minor repairs 6th, 12-2pm - Art Every week, except 20th, 1pm-3pm	Citizen's Advice Reading digital/ financial support workshop 7th & 21st, 2-3pm	- Self defence Weekly, 2-3pm - Gardening Every week, 1pm-2pm - Shared Voice Reading 29th, 1:30-3:30pm - English (lessons) for Speakers of Other Languages, (ESOL) with New Directions College Weekly, except 29th, 1-3pm	Menopause support (Women only) 9th, 1pm onwards

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.