

# Women's Conversation Café



For women of all ages and nationalities

**Wednesdays 1.30 – 3pm**

**At Northfield Community Centre**

*Make new friends, practise your English,  
and enjoy a cup of tea with a warm welcome.*



**No need to book – just drop in and join the conversation**

Join us on Wednesday afternoons in a welcoming and supportive environment where you can make friends, exchange ideas, and explore new activities together with other women from the community.

Each meeting throughout the month is centred around a specific theme, to cater for different interests and provide the opportunity to share our skills with one another:

- Week One – Craft: Take part in creative sessions where you can learn and practise different crafts.
- Week Two – Life Skills: Develop useful everyday skills through interactive activities and group discussions.
- Week Three – Food and Cookery: Enjoy sharing new recipes together.
- Week Four – Health and Well-being: Focus on activities and conversations that promote physical and mental well-being
- Week Five - in months that include five Wednesdays, the theme will be chosen by the group members. This session may involve inviting a guest speaker or organising a special activity based on members' interests.