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- Speech therapy day

The Rame Centre - one year old

Unbelievably, our Centre is about to celebrate it's first birthday. Friends and neighbours, you are hereby invited to our

First Year Anniversary Event

Open Day, photo display and tour

Saturday 19th March, 10.00 - 13.00

Refreshments and raffle

Please come and join us - we're celebrating turning a near-derelict concrete shell into a thriving community hub. All welcome.

Adult Education classes

Latest news, some good some... not so good:

- ***Spanish for Beginners*** is full
- ***Digital Photography for Beginners*** is nearly full - we need two more

people to complete the class. Running now, Tuesdays 10.00 - 13.00. £150 for 10 classes, concessions £81. Excellent feedback from the group after one session, come and join us!

- **French for Beginners**. Postponed - loads of enquiries but not enough actual enrolments. We'll try again after Easter.
- **Sewing Machine skills**. Cancelled - Not enough interest.
- **English and/or Maths**. Starts next Monday, 2pm - 4pm. Free class.
- **IT sessions** continue as before, but on Mondays. Beginners session, 10-11.00, drop-in for one-to-one help, 11.00 to 1pm.

Energy Advice and debt support

Plymouth Energy Community are in the Centre on **Monday 14th March, 1.30 - 3.30pm**. Individual advice on energy-saving, also support and possible grants for fuel debt relief

Help to support the Speech Therapy service

Volunteers needed for weekly sessions to help people communicate again after a stroke or other problem. Full training given on exercises, techniques and support. Experience shows that the volunteer support makes a crucial difference. The Cornwall coordinator is at the **Rame Centre on Monday, 7th March (rescheduled event), 2.-00pm** - please come along.

Membership - come and join us

We are a membership-led community organisation, trying to meet some of the needs of our area. We're now in our second year, and it's going great - 478 people have joined to date, with more coming in each week. It costs £1 for life to be a member, which gives you a say in deciding our activities and aims. Please drop in to the Rame Centre and join us

How to find us

We're at 3 West St, Millbrook - next to Widdicombe's shop

We're open Tues, Weds, Thurs and Sat, 10.00 - 12.00 (*we've now closed the Thursday evening sessions because of lack of volunteers and staff*).

Phone us on (01752) 823909

E-mail us on rame.centre@thepeninsulatrust.org.uk