

Wolverhampton Social Hub Programme April 2019

A face-to-face social network, offering opportunities to get out and about, build confidence, meet new people and make friends.



Monday	Tuesday	Wednesday	Thursday	Friday		
<p>Please note no sessions 22nd April, due to Bank Holiday</p>				<p>Please note no sessions 19th April, due to Good Friday</p>		
<p>Basement Music Group, Studio Block, Newhampton Arts Centre, Dunkley St, WV1 4AN</p>	<p>Peer Supporter Training, Starting 23rd April 10am - 3pm, Studio Block, Newhampton Art Centre, Dunkley Street, WV1 4AN</p>	<p>Coffee Club, 10.30 - 11.30am, Sainsburys, Café, Bentley Bridge, Rookery St, WV11 1 UO</p>	<p>Saath, Asian Women's Group 10.30am – 1.00pm Bricklin Community Centre, Cherry Street, WV3 0QW</p>	<p>Breakfast Drop-In, 9.30am - 11am, 52a Bridge Street, Bilston, WV14 7PE</p>	<p>Drop in 9:30-10:30am G1, Newhampton Arts Centre, Dunkley St WV1 4AN</p>	<p>Colour Therapy, 9.30-10.30am, G1 Newhampton Arts Centre, Dunkley Street, WV1 4AN</p>
<p>Cooking Club! 1-3pm Firsbrook House, Firsbrook Close, Whitmore Reans, WV6 0UD</p>	<p>Prem Vadhu (Asian Women) 10.30 – 1pm Brickkilin Community Centre, Cherry Street, WV3 0QW</p>		<p>Meditation for Relaxation, 11am - 12pm, 52a Bridge Street, Bilston, WV14 7PE</p>			
<p>Drop In, 3.00 - 4.00pm, Firsbrook House, Firsbrook Close, Whitmore Reans, WV6 0UD</p>	<p>Coffee Club 11 - 12pm Oasis Café, Pendeford (behind Morrisons) WV9 5NR</p>	<p>Choose to Change, 12.30 - 1.30pm. K Teas Cakes, Unit 4 St Georges Parade, City Centre, WV2 1BA, (Next to Wilkinsons)</p>			<p>Drama for Confidence 10:30-12pm G1 Newhampton Arts Centre, Dunkley St WV1 4AN</p>	
<p>Create & Talk, 4-5pm, Firsbrook House, Firsbrook Close, Whitmore Reans, WV6 0UD</p>	<p>Coffee Club 1-2pm Bob Jones Community Centre, Blakenhall, WV2 3AS</p>	<p>Beat the Blues, 1.30pm - 2.30pm, K Teas Cakes, Unit 4, St Georges Parade, City Centre, WV2 1BA (Next to Wilkinsons)</p>	<p>Drop in 1-4pm 52a Bridge Street, Bilston WV14 7PE</p>	<p>Create & Talk 1-3pm 52a Bridge Street, Bilston WV14 7PE</p>	<p>Guest Speaker, Fire Service, 5th April, 2pm – 3.00pm, G1 Newhampton Art Centre, Dunkley St, WV1 4AN</p>	
	<p>NEW!! Walk & Talk, 1-2pm Bantock Park, Finchfield Road, WV3 9LQ - Please meet staff outside the café</p>				<p>Drop in 1-4pm Newhampton Arts Centre, Dunkley St WV1 4AN</p>	<p>Crafting Angels 1-3pm Newhampton Arts Centre, Dunkley St WV1 4AN</p>
	<p>Creative Writing 3-4:30pm Central Library, Snow Hill, City Centre, WV1 3AX</p>		<p>New!! Movie Club, 18th April, Film to be Confirmed, 2PM 52a Bridge Street, Bilston, WV14 7PE</p>			
					<p>Boardgame Club 3-4pm Newhampton Arts Centre, Dunkley St WV1 4AN</p>	

Informal Support & Advice	<p>Drop ins: During Drop ins, you can find out more about the Social Hub, become a member and receive friendly and emotional support when you need it. You don't need an appointment, just drop by and staff will be at hand to answer and questions or queries you may have.</p>
Mental Health Support Groups	<p>Beat the Blues (Starting from 11th July 2017): Do you suffer from Depression? Do you need help managing those days when you feel down? If so, pop along to our Beat the Blues session where we look at different ways to manage low moods and increase our happy days!</p> <p>Choose to Change: This is a wellbeing group run by recovery practitioners and peer mentors with lived experience of mental health difficulties. We offer a dash of psychoeducation and a whole lot of friendly social support to keep you going onward and upwards in life.</p>
Social Activities	<p>Coffee Club: Do you want to meet new people but don't know where to start? Our Coffee Clubs are a great way to make new friends! You can have a friendly chat over a nice warm cup of coffee/tea, as well as gain emotional and social support when you need it.</p>
Recovery Focused Activities	<p>Create & Talk: A friendly arts and crafts group to help you improve your social confidence and encourage participation in a wide range of creative activities.</p> <p>Drama for Confidence (Starting from 11th July 2017): Do you want to boost your confidence? Drama is a great way to help enhance your self-esteem.</p> <p>Relaxation: End your week with a calming session focusing on all the ways to relax and unwind!</p> <p>Walk & Talk: Take a leisurely walk around Bantock Park at your own pace. It is a great way to stay fit as well as having a catch up with friends and other members.</p> <p>Creative Writing: This is a therapeutic writing group aimed to help you express your emotions in a creative and safe way. We will have a range of sessions exploring poetry, creative non-fiction stories.</p> <p>Create & Talk: A friendly Arts & crafts groups aimed to help you improve social confidence and encourage participation in wide range of creative activities.</p>
Peer Led Activities/Self Support Groups	<p>Crafting Angels : This session is a self-support group. They will be showing us a new type of craft each week, from card making to tile decorating.</p> <p>Board game Club: Do you like board games? If so, pop along to our board game club ran by Karen. You can play a game of snakes and ladders or Ludo. We will have lots of games on offer for you to get stuck into!</p> <p>Cooking Club: Peer Led Cooking Class to learn new cooking skills and to relax through the therapy of cooking.</p> <p>Saath, Asian women's Group & Prem Vadhu – Self Support Asian women's Group</p> <p>Basement Music Group – Self Support Music Group</p>

