



# Wolverhampton Social Hub Programme May 2018

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

CITY OF  
WOLVERHAMPTON  
COUNCIL



**The Social Hub will be closed on Monday 7<sup>th</sup> May and Monday 28<sup>th</sup> May due to the bank holidays**

Monday	Tuesday		Wednesday		Thursday	Friday		Saturday 26th May	
<p>Create &amp; Talk 2:30-3:30pm Firsbrook House, Firsbrook Close, Whitmore Reans (WV6 0UD)</p> <p><b>Cancelled 7th &amp; 28th due to the bank holiday</b></p>	<p>Coffee Club 11 - 12pm Oasis Café, Pendeford (behind Morrisons) WV9 5NR</p>	<p>Prem Vadhu (Asian Women) 10.30-1pm Brickkiln Community Centre, Cherry Street (WV3 0QW)</p>	<p>Choose to Change 10:30- 12pm St Peters Church, Lich Gates, City Centre (WV1 1TY)</p>	<p>Saath, Asian Women's Group 10.30-1pm Brickkiln Community Centre, Cherry Street, (WV3 0QW)</p>	<p><b>Starting from 10th May</b> Breakfast Drop in: 9-10am 52a Bridge Street, Bilston (WV14 7PE) <i>light breakfast will be provided</i></p>	<p>Drop in 9:30-10:30am Newhampton Arts Centre, (WV1 4AN)</p>	<p><b>Friday 11<sup>th</sup> May</b> <b>11am-2pm</b> <b>FIRST AID TRAINING</b> Wolverhampton Archives, Whitmore Hill, (WV1 1SF) <i>Booking required: available on a first come first serve basis</i></p>	<p><b>Movie Day!</b> <b>Saturday 26th May</b> <b>Duck Duck Goose</b> <b>1:30 - 3pm</b> The Lighthouse Cinema, Chubb Buildings, Fryer St (WV1 1HT) £4.50 per ticket</p>	
<p>Drop in 3:30 - 4:30pm Firsbrook House, Firsbrook Close, Whitmore Reans (WV6 0UD)</p> <p><b>Cancelled 7th &amp; 28th due to the bank holiday</b></p>	<p>Coffee Club 1-2pm Bob Jones Community Centre, Blakenhall (WV2 3AS)</p>	<p>Asian Men's Support Group 1-2pm (Card Games) Bob Jones Community Centre, Blakenhall (WV2 3AS)</p>	<p><b>Wednesday 16<sup>th</sup> May</b> <b>12:30-2pm</b> Mental Health Week Coffee &amp; Chat Central Library Snow Hill, City Centre, (WV1 3AX)</p>		<p>Afternoon Drop in 1-4:30pm 52a Bridge Street, Bilston (WV14 7PE)</p>	<p><b>Friday 4th May</b> <b>3-4pm</b> Guest Speaker: P3 G1, Newhampton Arts Centre, Dunkley St (WV1 4AN)</p>			
<p>Basement Music Group 3-5pm Rehearsal Theatre, Newhampton Arts Centre, Dunkley Street, (WV1 4AN)</p>	<p>Beat the Blues 1:30 - 3pm Sainsbury's Café, Wednesfield (Bentley Bridge) Rookery St, (WV11 1UP)</p>	<p><b>Bowling!</b> <b>Wednesday 9<sup>th</sup> May</b> <b>2pm-4pm</b> Hollywood Bowl, Bentley Bridge, Wednesfield (WV11 1BP) <i>£2.90 per person per game</i></p>	<p>Coffee Club 2:30-3:30pm Art Gallery Café, Lichfield St, (WV1 1DU)</p>	<p><b>Thursday</b> <b>17th May</b> <b>1-4:30pm</b></p>	<p>Mental Health Week Fun Day!  52a Bridge Street, Bilston (WV14 7PE)</p>	<p><b>Thursday 10<sup>th</sup> May</b> <b>11am-2pm</b> <b>FIRST AID TRAINING</b> Wolverhampton Archives, Whitmore Hill, (WV1 1SF) <i>Booking required: available on a first come first serve basis</i></p>	<p>Create &amp; Talk 1-2pm Newhampton Arts Centre, (WV1 4AN)</p>		<p><b>Friday 18<sup>th</sup> May</b> <b>1-4pm</b>  Mental Health Week Special Drop in  Newhampton Arts Centre (WV1 4AN)</p>

**Mental Health Awareness Week 14<sup>th</sup> – 20<sup>th</sup> May: Join in with themed sessions and fun activities across the week. Please see the attached poster**

## Useful Contact Details:

### The Samaritans

If something's troubling you, then get in touch. 24hours a day, 365 days a year.  
54 Newhampton Road West, Wolverhampton, WV6 0RU.

**01902 426422**

[jo@samaritans.org](mailto:jo@samaritans.org)

[www.samaritans.org.uk](http://www.samaritans.org.uk)

### Wolverhampton Crisis Team & Home Treatment Team

The service is available 24 hours a day, 7 days a week

Penn Hospital, Penn Road, Penn, WV4 5HN

**01902 444141**

### Phoenix Walk – in Centre

It is a nurse led service. They offer on the spot treatment and advice for minor injuries, minor illnesses and ailments. Open Monday – Friday 10am -7pm/Saturdays, Sundays and Bank Holidays 10am – 4pm

Phoenix Health Centre, Parkfields Road, WV4 6ED

**01902 444677**

### Urgent Care Centre

The Urgent Care Centre situated on the first floor of the Urgent Care Centre at New Cross Hospital. G.P-led, 24 Hours a day. 365 days a year.

If you need medical help fast but it's not a 999

New Cross Hospital, Wolverhampton Road, WV10 0QP

**111** is the NHS non-emergency number

### Aquarius

Offering a free confidential service to anyone with or affected by someone else's alcohol, drugs or gambling problems.

**0300 2002 322**

[wolverhampton@aquarius.org.uk](mailto:wolverhampton@aquarius.org.uk)

[www.aquarius.org.uk](http://www.aquarius.org.uk)

### Recovery Near You

Help anyone who is concerned about their own drinking or drug use or someone's else's.

Lines are open 24 hours **0300 200 2400**

[talktous@recoverynearyou.org.uk](mailto:talktous@recoverynearyou.org.uk)

[www.recoverynearyou.org.uk/wolverhampton360](http://www.recoverynearyou.org.uk/wolverhampton360)

### Bereavement

Offering support after the death of someone close

**01384 262878**

[dudleywolves@cruse.org.uk](mailto:dudleywolves@cruse.org.uk)

[www.cruse.org.uk](http://www.cruse.org.uk)

### Mental Health Intake Team

86 Ryefield Pendeford Wolverhampton, WV8 1UD

01902 553446

### Mental health Outreach Service

(Steps to independence) 01902 553316

### P3 Wolverhampton Generic Housing and Preventative Floating Support

If you need help with a range of needs including, Budgeting, debt issues, tenancy support, advocacy, housing advice etc.

**0800 107 6753**

[www.p3charity.org/wolvesFS](http://www.p3charity.org/wolvesFS)