




Wolverhampton Social Hub Programme November 2018

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 all sessions at Fisbrook will be closed 5th November 2018, due to staff training</p>									
<p>Cooking Club! 1-3pm Firsbrook House, Firsbrook Close, Whitmore Reans WV6 0UD</p>	<p>Drop in 3:30 - 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>Prem Vadhu (Asian Women) 10.30 – 1pm Brickkilin Community Centre, Cherry Street, WV3 0QW</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 Brickkilin Community Centre, Cherry Street, WV3 0QW</p>	<p>Breakfast Drop in 9:30-12pm 52a Bridge Street, Bilston WV14 7PE</p>	<p>Meditation for Relaxation, 11-12pm, 52a Bridge Street, Bilston, WV14 7PE</p>	<p>Drop in 9:30-10:30am Newhampton Arts Centre, Dunkley St WV1 4AN</p>	<p>Colouring Therapy 9.30 - 10.30am 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>Coffee Club 1-2pm Bob Jones Community Centre, Blakenhall, WV2 3AS</p>		<p>Please note Change in Venue! Choose to Change, 12.30-1.30pm Lighthouse Café, Chubb Building, Fryer St, WV1 1HT.</p>	<p>Beat the Blues, Lighthouse, 1.30 - 2.30pm, Lighthouse Café Chubb Building, Fryer St, WV1 1HT. Lighthouse Café, Chubb Building, Fryer St, WV1 1HT.</p>	<p>Afternoon Drop in 1-4pm 52a Bridge Street, Bilston WV14 7PE</p>	<p>Create & Talk 1-3pm 52a Bridge Street, Bilston WV14 7PE</p>	<p>Drama for Confidence 10:30-12pm Newhampton Arts Centre, Dunkley St WV1 4AN</p>		
<p>Create & Talk, 4-5pm Fisbrook House, Fisbrook Close, Whitmore Reans WV6 0UD</p>	<p>OCN Training (On-going), 1-3.30pm, Upstairs Training Room, Central Libabry, Snow Hill, City Centre, WV1 3AX</p>						<p>Drop in 1-4pm Newhampton Arts Centre, Dunkley St WV1 4AN</p>	<p>NEW!! Art's & Craft's with Crafting Angels 1-3pm Newhampton Arts Centre, Dunkley St WV1 4AN</p>	
		<p>Creative Writing 4-5:30pm Central Library, Snow Hill, City Centre, WV1 3AX</p>						<p>Guest Speaker 2nd November, Bowel Cancer Awareness, 2.30-3.30pm</p>	
				<p>Movie Night! Fantastic Beasts, Wednesday 28th November, 2pm – 4.30pm The Lighthouse Cinema, Chubb Buildings, Fryer St, WV1 1HT</p>		<p>Peer Support Supervision 2-3:30pm K Teas Cakes Unit 4 St Georges Parade, City Centre WV2 1BA, Next to Wilkinsons</p>		<p>Boardgame Club 3-4pm Newhampton Arts Centre, Dunkley St WV1 4AN</p>	

Useful Contact Details:

The Samaritans

If something's troubling you, then get in touch. 24 hours a day, 365 days a year.
54 Newhampton Road West, Wolverhampton, WV6 0RU.
01902 426422 | Free Number: 116 123
jo@samaritans.org
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
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
www.recoverynearyou.org.uk/wolverhampton360

Bereavement

Offering support after the death of someone close
01384 262878
dudleywolves@cruse.org.uk
www.cruse.org.uk

Bereavement Hub

Gloucester Street Community Centre Whitmore Reans WV6 0PT
compassionatecommunities@comptoncare.org.uk
0300 323 0250.

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