



Wolverhampton Social Hub Programme January 2019

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



| Monday | Tuesday Please note no sessions on 1 st January! | Wednesday Please note no sessions 17 th January, due to our drama production! | Thursday | Friday |
|---|---|---|--|--|
| <p>Cooking Club! 1-3pm Firsbrook House, Firsbrook Close, Whitmore Reans WV6 0UD</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>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, 9.30am - 11am, 52a Bridge Street, Bilston, WV14 7PE</p> <p>Meditation for Relaxation, 11am - 12pm, 52a Bridge Street, Bilston, WV14 7PE</p> | <p>Drop in 9:30-10:30am 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>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>OCN Training (On-going), 1-3.30pm, Upstairs Training Room, Central Library, Snow Hill, City Centre, WV1 3AX, Dates TBC in January</p> <p>Creative Writing 3-4:30pm Central Library, Snow Hill, City Centre, WV1 3AX</p> | <p>Choose to Change, 12.30-2.30pm Lighthouse Café, Chubb Building, Fryer St, WV1 1HT. Starts 9th January</p> <p>Drop - In/Chat 2nd January (only), 13.30pm - 2.30pm, Central Library, Snow Hill, City Centre, WV1 3AX</p> <p>Social Hub Drama Production "ANNABELS STORY." 17th January 10.00 - 1pm, Wolverhampton Art Gallery, Lichfield Street, City Centre, WV1 1DU</p> | <p>Beat the Blues, 12.30pm - 2.30pm, Lighthouse Café, Chubb Building, Fryer St, WV1 1HT. Starts 9th January</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>Peer Support Supervision 2-3:30pm, 10th January, K Teas Cakes Unit 4 St Georges Parade, City Centre WV2 1BA, Next to Wilkinsons</p> | <p>Drama for Confidence 10:30-12pm Newhampton Arts Centre, Dunkley St WV1 4AN</p> <p>Guest Speaker - Benefits advice, 11th January, 12.30pm - 2.30pm</p> <p>Drop in 1-4pm Newhampton Arts Centre, Dunkley St WV1 4AN</p> <p>Art's & Craft's with Crafting Angels 1-3pm Newhampton Arts Centre, Dunkley St, </p> <p>Boardgame Club 3-4pm Newhampton Arts Centre</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