



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

Social Hub Programme for February 2018

Fresh Start

Kitchen Corner

Run by Debbie, Bob & Cherish

Details: Every Monday 10:00 – 11:30am. Find us at: Kitchen Corner, Martin St.

Welcome to the Social Hub: We know that joining a new group can be scary; this is why we offer this special small introductory group to our newcomers. Here, you will find a some friendly peer mentors who can explain more about what we offer. You can spend a few weeks getting to know people at your own pace before moving on to some other activities with support, if you need it.

Create and Talk

County Staffs Club

Run by Karen & Kim

Details: Every Monday 12:30 – 2:30pm. Find us at: 77, Eastgate Street, Stafford

A friendly arts and crafts group here to help you improve your social confidence and encourage participation in a wide range of creative activities. A small weekly charge of £2.50 applies, or smaller still (just £1.00) if one's own materials are obtained and used!

Choose to Change:

Conservative Association

Run by Debbie, Richard & Antony

Details: Every Thursday 1:00 – 3.00pm. Find us at: Castle Street, Doxey, Stafford

A wellbeing group run by qualified Recovery Practitioners, who have lived experience of mental health difficulties. We offer a dash of psycho-education with a whole lot of friendly social support, to keep you going onwards and upwards in life.

- **Please note: There is a small operating fee for this group of £1.00 weekly.**

Bereavement:

Conservative Association

Run by Debbie & Gillian

Details: Monthly, every 1st Tuesday 11.00am – 12.30pm.

- **Please note: There is a small operating fee for this group of £1.00 per session.**

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Coffee Mornings

We meet up to socialise and get to know each other in warm, friendly and comfortable venues across Stafford and surrounds. If you struggle in social situations or would just like to make new friends, then please join us - we would love to meet you!

Stafford: *Conservative Association* **Run by Debbie, Graham, Keith & Gillian**

Details: Every Tuesday 11.00am – 12.30pm

- Turning up is all that counts! However, for those of you who want more than a chat, activities are available as shown – but remember, there's no pressure to participate!

February 6th: A winter walk out (weather permitting) or stay-in... warm & dry if not!
February 13th: Valentine's Bingo... Is your number up?
February 20th: Games Day, including a pub meal at Wetherspoons after group.
February 27th: Quirky Quiz.

- *Please note: There is a small hire fee for this venue of £1.50*

Rugeley: *Victory Christian Centre* **Run by Charlie & Chloe**

Details: Every Monday 10:00 – 11:30am at 11 Anson Street Rugeley WS15 2BG
Please note. There is a small hire fee for this venue of £2.00 & drinks are 50p.

Penkridge: *Penkridge Library* **Run by Sue & Michael**

Details: Every Wednesday 10:00 – 11:00am

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