



**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 March 2018

### Fresh Start

*Kitchen Corner*

Run by Debbie & Bob

**Details:** When: Every Monday from 10:00am – 11:30am.  
Where: The Kitchen Corner, 4-5, Martin Street, Stafford ST16 2LB  
(Then find us in the upstairs function room)

Welcome to the Social Hub!

**What it is:** We're a small introductory group helping to guide newcomers to other groups within **The Social Hub and other support networks.**

We know that meeting a group of new people can be scary and intimidating. Through Fresh Start you will meet understanding people with experiences similar to your own and with whom you can chat within a private yet social environment. The location has spaces to talk personally with someone if you wish and/or join in with the group chats when you feel ready. If you would like somebody to meet you outside before coming in please just let us know! Simply contact Debbie at Emotional Wellbeing on 07949290645 and we'll make arrangements to suit you.

### Create and Talk

*County Staffs Club*

Run by Karen, Jay & 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 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.**

**Stafford Office: 07949290645**

**Cannock Office: 07949291396**

**Email: [info@thesocialhub.org.uk](mailto:info@thesocialhub.org.uk) Website: [www.thesocialhub.org.uk](http://www.thesocialhub.org.uk)**

**Twitter: [TheSocialHub111](https://twitter.com/TheSocialHub111)**

**Facebook: <https://www.facebook.com/staffordsocialhub/>**



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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!

**March 6th: Free For All!**

**March 13th: Charades. TV, Book, Movie, Play? Let's have "a-bit-a" fun!**

**March 20th: Spring Bingo... Is your number up?**

**March 27th: Spring walk out (weather permitting) or stay-in chatting... warm & dry if not!**

- *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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