



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

LOOK OUT!

Social Hub Programme for May 2018

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Fresh Start

CLOSED: Please note! No groups on 7th & 28th due to Bank Hols!

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 then simply let us know! Just contact The Social Hub or leave a message on 07949290645 and we'll make arrangements to suit you.

Create and Talk

CLOSED: Please note! No groups on 7th & 28th due to Bank Hols!

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 Website: www.thesocialhub.org.uk

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

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



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LOOK OUT

for posters with new venue & for drop-in centre for Social Hub OPEN DAY

LOOK OUT

for posters depicting Mental Health Awareness Week & Activities!

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!

May 8th: Bingo.
May 15th: Quiz.
May 22nd: Free For All.
May 29th: A Pen and Paper Game.

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

LOOK OUT

Mental Health Awareness Week Event. Starts on the 14th this month.

Look out for posters that will be going up & will indicate what we're up to!

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Rugeley:

CLOSED: Please note! No groups on 7th & 28th due to Bank Hols!

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.

Stone: The Crown Hotel Run by Pete

Details: Every Friday 10:00 – 11:30am at The Crown Hotel, High Street, Stone.

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New Venue +++ New Venue +++ New Venue

Look out for posters with new venue & for drop-in centre for Social Hub Open Day!

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