



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

Coffee Morning: Copper Kettle Café

Run by Chloe

Details: Every Wednesday 10:00 – 11:00

Set up and run by people with lived experience of mental health difficulties (peer mentors) we provide mutual emotional and social support for when you need it. These are small and friendly groups to help you make that first step back “out there!”

Art for Everyone: High Green Court, Cannock – Starts Thursday 25th January 2018

Details: Every Thursday 10am-12:30pm

This group is run by people with lived experience of emotional distress who all have an interest and passion for the use of art based activities to promote health and wellbeing. Art has been proved to alleviate the stresses of everyday life, reduce isolation and loneliness and increase confidence and self-esteem. Therefore, in a fun and relaxed environment, you will have the opportunity to find out more about the Social Hub, have a go at some different types of art based activities, and meet some like-minded people so please pop down and find out more.

Social Hub Welcome Group: High Green Court, Cannock

Details: Every Thursday 10am-12:30pm

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

Choose to Change: St. Chads Church, Chadsmoor

Run by Andy, Sue and Pete

Details: Every Tuesday 10:00 – 12.00

This is a wellbeing group run by qualified Peer Mentors who have lived experience of emotional distress. We offer a dash of psycho-education with a whole lot of friendly social support, to keep you going onwards and upwards in life.



Coffee Mornings

We are here to help you improve your social confidence and skills in a safe and friendly atmosphere, with the opportunity to engage in other social and psychoeducational activities mentioned overleaf.

Stafford: **Conservative Association,** **Castle Street** **Run by Debbie & Graham**

Details: Every Tuesday 10.30am – 12.00noon

Rugeley: **The Victory Church, Rugeley** **Run by Chloe and Mick**

Details: Every Monday 10:00 – 11:30am

Penkrige: **Penkrige Library** **Run by Sue & Mick**

Details: Every Wednesday 10:00 – 11:30am

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/>