



# *Spring 2016 Session Planner*

**opportunity, choice and wellbeing**



# Monday 10.30am - 7pm

**10.30am - 12.30pm**

## **Rethink Coffee and Cope**

A session that helps reduce social isolation by building  
supportive networks

Lounge

**1pm - 3pm**

## **Recovery House Drop In**

Facilitated by Recovery House staff, the drop in allows  
members to build social networks and improve their  
wellbeing

Café

**3pm - 5pm**

## **Snowy's Crafty Bits**

A crafts session that is an opportunity to learn new skills  
and build social networks. It includes book folding and  
origami

Lounge



# **Tuesday 10.30am - 7pm**

**10.30am - 11.30am**

## **Kaleidoscope Drop In**

**An informal drop in where individuals can come along for a talk with other individuals. It allows people to broaden their social networks and forge new friendships**

**Lounge**

**11.30am - 12.30pm**

## **Kaleidoscope Creative Sessions**

**An opportunity for members to be creative and learn new skills.**

**Lounge**

**11.30am - 3pm**

## **PAHM'S Forum**

**Monthly steering group meetings for PAHM'S members  
(Once a month)**

**Basement**

**12:45pm-2:45pm**

## **Early Intervention—Art Sessions**

**Creative art sessions hosted by early intervention  
(Open to Early Intervention members only)**

**Basement**

**1pm - 3pm**

## **Recovery House Drop In**

**Facilitated by Recovery House staff, the drop in allows members to build social networks and improve their wellbeing**

**Café**

# **Wednesday 10.30am - 7pm**

**10.30am - 1.15pm**

## **HOV Forum**

**Forum meetings, workshops, editorial meetings and more  
that happens monthly for Hear Our Voice members**

**(Once a month)**

**Basement**

**10.30am - 11.30am**

## **Travel Group Meeting**

**A voluntary run service which allows service users to  
promote confidence amongst themselves and other  
service users. Travelling to places such as Bridgnorth and  
Birmingham.**

**Café**

**10.30am - 12.30pm**

## **Bromford Hub (Employment Focused Sessions)**

**A drop in for service users to receive employability related  
advice and training.**

**Café**

**1pm - 3pm**

## **Recovery House Drop In**

**Facilitated by Recovery House staff, the drop in allows  
members to build social networks and improve their  
wellbeing**

**Café**



# **Wednesday 10.30am - 7pm Continued...**

**12.45pm - 2.45pm**

**Arts and Crafts**

A session that allows members to be creative, learn new skills and build social networks

**Lounge**

**3pm - 5pm**

**Rethink - Living Life to the Full**

A course that teaches members coping skills to manage anxiety and build confidence

**(6/8/12 week course - referral only)**

**Basement**

**5.30pm - 7pm**

**SOS - Silence of Suicide (Kaleidoscope)**

A support group for you if you have experienced suicidal thoughts or have been affected by suicide  
(Every 2nd and 4th Wednesday of the month)

**Basement/Lounge**

**5:15pm - 7pm**

**Aquarius Drug and Alcohol**

A drop in offering anyone that is concerned about their drinking or drug use, expert, friendly advice and support  
(Every 4th Wednesday of the month—starting 27th April)

**Basement**

# **Thursday 10.30am - 7pm**

**10:30am-12:30pm**

**Braille Social Group**

**Braille class, social group and drop in  
(Open to members only)**

**Basement**

**12.45pm - 2.45pm**

**It is Rocket Science**

**A session where you can learn about the science of rockets  
with the opportunity to build your own working model**

**Basement**

**12.45pm - 2.45pm**

**One Voice Advocacy**

**Supporting clients with things such as benefits, housing,  
budgeting and form filling**

**(Every 2 weeks, starting 1st week in March)**

**Café**



# Thursday 10.30am - 7pm Continued...

**12.45pm - 5pm**

## **Appreciate U CIC Chess Sessions**

A session where you can learn a new skill, build your social networks and improve your wellbeing  
Lounge

**1pm - 3pm**

## **Recovery House Drop In**

Facilitated by Recovery House staff, the drop in allows members to build social networks and improve their wellbeing  
Café





# **Friday 10.30am - 7pm**

**10.30am - 12.30pm**

## **Knit and Knatter**

**This session is for you if you enjoy knitting or want to learn how. It develops skills and allows you to forge new friendships**

**Lounge**

**10.30am - 12.30pm**

## **Heantun Housing Drop In**

**Gives you the opportunity to talk to Heantun about any economic wellbeing issues you may have and access any other advice about being healthy**

**(starting 22nd April)**

**Café**

**12.45pm – 2.45pm**

## **ACCI Drumming Session**

**This session helps to reduce stress and anxiety and creates an environment where friendships can grow**

**Lounge**

**1pm - 3pm**

## **Recovery House Drop In**

**Facilitated by Recovery House staff, the drop in allows members to build social networks and improve their wellbeing**

**Café**

# Friday 10.30am - 7pm Continued...

**1pm – 3pm**

## **Kaleidoscope Plus Programme**

**An 11 week course that focuses on reducing stress,  
anxiety and challenges unhelpful thinking  
(11 week course – starting 22nd April)**

**Basement**

**3.15pm – 4pm**

## **Kaleidoscope Mindfulness**

**Helping you to learn and practice mindfulness to work  
with mind and body to live with less anxiety  
(11 week course – starting 22nd April)**

**Basement**



## **Saturday 10.30am - 3pm**

**12:45pm – 2:45pm**

### **Scrabble Group**

**A chance for members to get together, play a game, keep  
their minds sharp and make new friends**

**(starting 23rd April)**

**Lounge**

.....

## **Sunday 10.30am - 3pm**

**12.45pm-2.45pm**

### **Sunday Social**

**A chance to meet with other members to build social  
networks and improve wellbeing**

**Café**

# New at Epic Café...

**Snowy's Crafty Bits** - Starting Monday 18th April, one of our own members will be providing a brilliant crafts session at the Community and Wellbeing Hub. This will include activities like book folding, origami and paper and card work.

**SOS - Silence of Suicide (Kaleidoscope)** - Every 2nd and 4th Wednesday of the month Kaleidoscope will be providing a brand new social support group. If you have experienced suicidal thoughts or have been affected by suicide then feel free to come along to their session at the hub.

**Heantun Housing Drop In** - Every Friday at 10.30am - 12.30pm, starting 22nd of April, Heantun Housing will now be providing a drop in at the Hub. This will give you the opportunity to talk to one of their professionals about any economic wellbeing issues you may have, get advice about how to access social and leisure activities, and access any other advice about being healthy.

**Scrabble Group** - Starting Saturday 23rd April, our new scrabble group is an opportunity for members to learn a new skill that keeps their minds active, is fun, and is another opportunity to build social networks.

**Aquarius** - Every 4th Wednesday of the month, starting 27th April, Aquarius will be running a session from the hub where expert and friendly advice is given if you are concerned about your drinking or drug use.



# Did you know we're now on Facebook and Twitter?

For updates, find us on  
Facebook at  
[www.facebook.com/  
wolvescandwhub](http://www.facebook.com/wolvescandwhub).

For Twitter, follow us at **C&W  
Hub Epic Café** or tweet us at  
**@EpicCafe1**

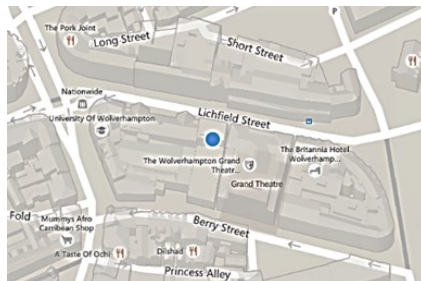
**opportunity, choice and wellbeing**



## How Can I Access The Hub?

You can come in and fill out a membership form between the below hours:

Monday	10.30am - 7pm
Tuesday	10.30am - 7pm
Wednesday	10.30am - 7pm
Thursday	10.30am - 7pm
Friday	10.30am - 7pm
Saturday	10.30am - 3pm
Sunday	10.30am - 3pm



Alternatively, contact us at:

### The Community and Wellbeing Hub

Epic Café

11 - 13 Lichfield Street

Wolverhampton

WV1 1EA

**Telephone:** 07811 848 819

**Email:** [admin.wcwh@creativesupport.org.uk](mailto:admin.wcwh@creativesupport.org.uk)

## Equality and Diversity

As an equal opportunities employer, we are committed to promoting equality and diversity for staff (recruitment, training, supervisions, ongoing support) and the people we support. Information regarding this service can be provided in different languages and in other formats to meet literacy needs.



INVESTORS  
IN PEOPLE | Silver



British Quality  
FOUNDATION  
Member