



WOLVERHAMPTON
community and wellbeing hub

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 a 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/wolvscandwhub.

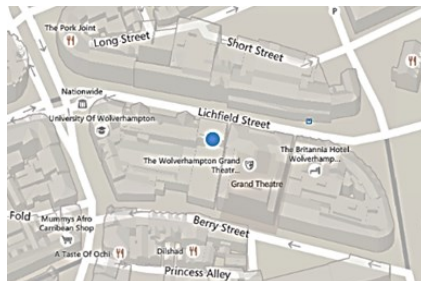
For Twitter, follow us at **C&W Hub Epic Café** or tweet us at **@EpicCafe1**

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

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.



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