

## How can I access the Hub?

You can come in to 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

WV1 1EA

Wolverhampton

Telephone: 07811 848 819

E-mail: [admin.wcwh@creativesupport.org.uk](mailto:admin.wcwh@creativesupport.org.uk)

### Equality & 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.

creative  
SUPPORT



***“Providing the people of Wolverhampton with a safe inclusive space to focus on improving their mental wellbeing.”***



Creative Support is an Industrial and Provident Society with Charitable Status (Registration Number 27440R)



INVESTORS  
IN PEOPLE



British Quality  
FOUNDATION  
Member

opportunity, choice and wellbeing  
[www.creativesupport.co.uk](http://www.creativesupport.co.uk)

## What is the Wolverhampton Community and Wellbeing Hub Service?

Funded by Public Health, The Wolverhampton Community and Wellbeing Hub delivers preventative and wellbeing services for anyone over the age of 18 in the Wolverhampton community who wants to improve their emotional and mental wellbeing. Host providers, Creative Support, work in partnership with ACCI, BME Housing Consortium, Rethink and the WVSC to provide support that focusses on enabling people to live a fulfilled life.

The Hub operates from Epic Café, right in the heart of the city centre, with some evenings and weekends, to suit the needs of the community and our members.

## What do you offer?

We offer a wide range of generic and specific sessions to help you develop your skills, confidence and wellbeing, build social and support networks and develop personal effectiveness. These include sessions, workshops and one off talks, delivered by our partners and external agencies.

We also offer a short term Recovery Programme, that runs alongside the Sessions and Wellbeing Café at the Hub. The Recovery Programme offers additional short term support, at times when you need more help to stay well and to move forward in your recovery. This support will be led by you and your Key Worker, with help from our Peer Support Mentors.

## Who are Creative Support?

Creative Support is a not for profit provider of personalised services—supporting people to enjoy their lives and reach their full potential. Our services focus on promoting recovery, wellbeing and greater independence. We enable people to make progress in these areas by recognising and building on their strengths, coping abilities, social networks and natural support systems.

## Hub Facilities

Epic Café is wheelchair accessible and has a range of different facilities including: a café, where members can purchase light meals and drinks and access training opportunities, an IT space and a space for music.

## Core Sessions:

- Employability Skills Workshops
- IT Skills
- Money management & benefits advice
- Work experience and training opportunities through the Hub Café
- Wellbeing programmes & Workshops
- Culturally specific support & advice
- Safe-Space drop in sessions
- Complimentary therapies
- Basic cooking skills & healthy eating workshops
- PAMH Steering groups

