


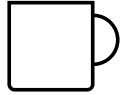













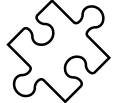















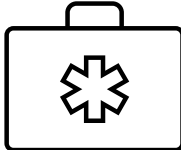

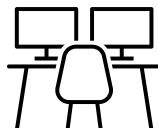







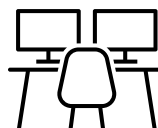































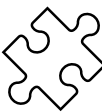




























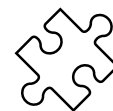














Monday 6 th November		Tuesday 7 th November		Wednesday 8 th November		Thursday 9 th November		Friday 10 th November	
Participants Breakfast (Check yourself) 9:30 – 11:00		Wellbeing Morning		Independent Living Morning		Personal Development Morning		Tea and Toast 9:30 – 10:30	
SMART Goals 11:00-12:00  Emotional Management 12:00-13:00	Wall Mural 11-12 Personal Projects 11:00-1:00 	Meditation 9:30-10:30  Meal Planning 10:30-11:30	Household Crafts 10:00-12:00 	Digital College 10:30 – 1:00  Empire Fighting Chance 11:00-12:00	Substance Misuse Group 10:00-11:30  Mac and Cheese 12-1	Understanding and responding to hate 9:30-10:30 Employment Skills 10:30-12:30	Personal Projects 09.30-12:00 	Drama Games 10:00 – 11:00 	Team Challenge 10:30-12:30  Participant Led Session 11:00-12:00
Firework Cookies 11-1		Women's Afternoon Cooking 12:30 – 1:30				Chilli Con Carne 12-1		Stir Fry 12-1	
Make and Mend 1:00-3:00  Taking Charge 1:00-2:00 	Sport* 1:00-3:00  Couch to 5K 3-4	Sustainable Living 2:00-3:00 	Substance Misuse Group 3-4 	Changing Tunes 12:00-15:00  Literature Club 2:00-3:00 	DWP Drop in 12:00 – 3:30 	Jigsaw Club/ Board Games 1:00-3:00 	Boules 1:00 – 3:00  Job Club 1:30-3:30	Friday Fun 1:00-3:30 	
Substance Support Group 2:00-3:30 	1-2-1 Support Worker Session 3:30 – 4:30 	Digital College 1:00-4:00 	Arts and Crafts 1:00-4:00 	Clay Arts 1:30-3:30  Wellbeing Walk 1:30-3:00 	1-2-1 Support Worker Session 3:30 – 4:30 	Watercolour Painting 2:00-4:00  1-2-1 Support Worker Afternoon 1:30-4:30 		Digital College 1:00-4:00 	1-2-1 Support Worker Session 2:30-3:30 

Monday 13 th November		Tuesday 14 th November	Wednesday 15 th November		Thursday 16 th November	Friday 17 th November
Participants Breakfast (Mental Health) 9:30 – 11:00		Wellbeing Morning	Independent Living Morning		Personal Development Morning	Tea and Toast 9:30 – 10:30
Mental Health Myths 11:00-12:00  Tai Chi 12.00-13.00	Personal Projects 11:00-1:00 	First Aid Course 9:30-1:30 	First Aid Course 9:30-1.30 		RIFT Self Employment Support 9:30-12:00 	Personal Projects 9:30-12:00 
Lemon Drizzle Cake 11-1		Women’s Afternoon Cooking 2:00-3:00			Vegan Curry 12-1	Homemade Burgers 12-1
Make and Mend 1:00-3:00  Climbing Life’s Mountain 1:00-2:00 	Sport 1:00-3:00 	Discussion on Health (The Menopause) 2:30-3:30 	Changing Tunes 14:00-15:00  Hub Newsletter 2:00-3:00	DWP Drop in 12:00 – 3:30 	RIFT Self Employment 1:00-4:00 	Boules 1:00 – 3:00  Jigsaw Club/ Board Games 1:00-3:00 
Substance Support Group 2:00-3:30 	1-2-1 Support Worker Session 3:30 – 4:30 	Digital College 2:00-4:00  Arts and Crafts 2:00-4:00 	Pitta Pizzas 2:00-3:00 Wellbeing Walk 2:00-3:30 	1-2-1 Support Worker Session 3:30 – 4:30 	1-2-1 Support Worker Afternoon 1:30-4:30 	Job Club 1:30-3:30 Watercolour Painting 2:00-4:00 
		1-2-1 Support Worker Session 3:30 – 4:30 				Digital College 1:00-4:00 
						1-2-1 Support Worker Session 2:30-3:30 

Monday 20 th November		Tuesday 21 st November		Wednesday 22 nd November		Thursday 23 rd November		Friday 24 th November	
Participants Breakfast (Smoking) 9:30 – 11:00		Wellbeing Morning		Independent Living Morning		Personal Development Morning		Tea and Toast 9:30 – 10:30	
Money Management 11:00-12:00  From Anti to Pro Social Behaviour 12:00-1:00	Personal Projects 11:00-1:00 	Meditation 9.30-10.30  Creative Writing 10:30-11:30	Household Crafts 10:00-12:00 	Digital College 10:30 – 1:00  Empire Fighting Chance 11:00-12:00	Substance Misuse Group 10:00-11:30  Sausage Surprise 12-1	Assertiveness 9:30-10:30  Employment Skills 10:30-12:30	Personal Projects 09.30-12:00 	Drama Games 10:00 – 11:00 	Team Challenge 10:30-12:30  Participant Led Session 11:00-12:00
Marble Cake 11-1		Women's Afternoon Cooking 12:00 – 1:00				Spag Bol 12-1		Winter Stew 12-1	
Make and Mend 1:00-3:00  Improving Communication 1:00-2:00 	Sport 1:00-3:00 	Understanding and Recognising Anger 2:00-3:00 	Substance Misuse Group 3-4 	Changing Tunes 12:00-15:00  Literature Club 2:00 – 3:00 	DWP Drop in 12:00 – 3:30 	Jigsaw Club/ Board Games 1:00-3:00 	Boules 1:00 – 3:00  Job Club 1:30-3:30	Friday Fun 1:00-3:30 	
Substance Support Group 2:00-3:30 	1-2-1 Support Worker Session 3:30 – 4:30 	Digital College 1:00-4:00 	Arts and Crafts 1:00-4:00 	Twig Weaving 1:30-3:30  Museum Trip 1:30-3:30	1-2-1 Support Worker Session 3:30 – 4:30 	Watercolour Painting 2:00-4:00  1-2-1 Support Worker Afternoon 1:30-4:30 		Digital College 1:00-4:00 	1-2-1 Support Worker Session 2:30-3:30 

[illegible]

Monday 27 th November		Tuesday 28 th November		Wednesday 29 th November		Thursday 30 th November		Friday 1 st December	
Participants Breakfast (Do you have a GP?) 9:30 – 11:00		Wellbeing Morning		Independent Living Morning		Personal Development Morning		Tea and Toast 9:30 – 10:30	
Winter Wellbeing Prep 11:00-12:00  Gratitude Journaling 12:00-13:00	Personal Projects 11:00-1:00 	Tai Chi 9.30-10.30  Confidence Building 10:30-11:30	Household Crafts 10:00-12:00 	Digital College 10:30 – 1:00  Over 25's 11:00-12:00	Substance Misuse Group 10:00-11:30  Cottage Pie 12-1	Stop and Think! 9:30-10:30  Employment Skills 10:30-12:30	Personal Projects 09.30-12:00 	Drama Games 10:00 – 11:00 	Team Challenge 10:30-12:30  Participant Led Session 11:00-12:00
FlapJacks 11-1		Women's Afternoon Cooking 12:00 – 1:00				Vegetarian Lasagne 12-1		Pasta Bake 12-1	
Make and Mend 1:00-3:00  Overcoming Setbacks 1:00-2:00 	Sport 1:00-3:00 	Stress Awareness 2:00-3:00 		Changing Tunes 12:00-13:00  Hub Newsletter 1:00-2:00	DWP Drop in 12:00 – 3:30 	Jigsaw Club/ Board Games 1:00-3:00 	Boules 1:00 – 3:00  Job Club 1:30-3:30	Friday Fun 1:00-3:30 	
Substance Support Group 2:00-3:30 	1-2-1 Support Worker Session 3:30 – 4:30 	Digital College 1:00-4:00 	Arts and Crafts 1:00-4:00 	Affirmation Bark 1:30-3:30  Wellbeing Walk 1:30-3:00 	1-2-1 Support Worker Session 3:30 – 4:30 	Watercolour Painting 2:00-4:00  1-2-1 Support Worker Afternoon 1:30-4:30 		Digital College 1:00-4:00 	1-2-1 Support Worker Session 2:30-3:30 