Named av. 4th F	Na a a un b a u	Tuesday 5th	Dagamhan	Made and a C	th Dagarahar	Thursda	7th Dagarahar	Friday Of	h Dagarahar	
Monday 4 th December Participants Breakfast 9:30 – 11:00		Tuesday 5 th December Wellbeing Morning		Wednesday 6 th December Independent Living Morning		Thursday 7 th December Personal Development Morning		Friday 8 th December Tea and Toast 9:30 – 10:30		
Gratitude Journalling 11.00-12.00 Creative Writing 12-1	Personal Projects 11:00-1:00	Meditation 9.30-10.30 Emotional Management 10.30-11.30	Clay Arts 10-12	JobCentre Jobs Fair 10-12	Substance Misuse Group 10:00-11:30 Winter Stew 12-1	Recognising and Coping with Anger 9.30-10.30 Employmen Skills 10:30-12:30		Drama Games 10:00 – 11:00	Team Challenge 10:30-12:30 Participant Led Session 11:00-12:00	
Christmas Cake 11-1		Women's Afternoon Cooking 12:30 – 1:30			12-1	Christmas Pasta Bake 12-1		Banoffee Pie 12-1		
Make and Mend 1:00-3:00 Overcoming Setbacks 1-2	Sport* 1:00-3:00 Couch to 5K 3-4	Building and maintaining Relationships 2-3 Digital College	Substance Misuse Group 3-4 Arts and Crafts	Fighting Chance 11:00-12:00 Changing Tunes			Boules 1:00 – 3:00		Friday Fun 1:00-3:30	
Substance Support Group 2:00-3:30 Wellbeing Hour 3.30-4.30	1-2-1 Support Worker Session 3:30 – 4:30	1:00-4:00 1-2-1 Support \ 3:30 -	1:00-4:00 Worker Session - 4:30	Gonks! 1.30-3.30 Wellbeing Walk 1:30-3:00	1-2-1 Support Worker Session 3:30 – 4:30	Rockin' Reptiles! 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 11 th December		Tuesday 12 th December		Wednesday 13 th December		Thursday 14	I th December	Friday 15 th December	
Participants Breakfast 9:30 – 11:00		Wellbeing Morning		Independent Living Morning		Personal Development Morning		Tea and Toast 9:30 – 10:30	
Vision Boards 11.00-12.00 Assertiveness 12-1	Personal Projects 11:00-1:00	9.30-10.30 Juice Shack! 10.30-11.30	Felt Christmas Tree Decorations 10-12.30	Digital College 10:30 – 1:00 DNUME FRANCE Boxing with Ako 11:00-12:00	Substance Misuse Group 10:00-11:30 Christmas Pie 11-1	Hierarchy of Needs 9.30-10.30 Employment Skills 10:30-12:30	Personal Projects 09.30-12:00	Job Club Drop In 10-12	Team Challenge 10:30-12:30 Participant Led Session 11:00-12:00
	Gingerbread 11-1		Women's Afternoon Cooking 12:30 – 1:30			Christmas San			Wellington 12-1
Make and Mend 1:00-3:00 Taking Charge 1-2	Sport* 1:00-3:00	Pro-Social Behaviour 2-3 Digital College	Substance Misuse Group 3-4 Arts and Crafts	Changing Tunes 12:00-15:00 Hub Newsletter 2.30-3.30	DWP Drop in 12:00 – 3:30	Jigsaw Club/ Board Games 1.00-3.00 Boules 1.00-3.00	Water colours 1.30-3.30		ay Fun 0-3:30
Substance Support Group 2:00-3:30 Wellbeing Hour 3.30-4.30	1-2-1 Support Worker Session 3:30 – 4:30	1:00-4:00 OHLINE TRAINING 1-2-1 Suppo Sessi 3:30 —	ion	White Corn Flour Dough 1.30-3.30 Wellbeing Walk 1:30-3:00	1-2-1 Support Worker Session 3:30 – 4:30	Wellbeing Hour 3.30-4.30 1-2-1 Support Worker Afternoon 1:30-4:30		Digital College 1:00-4:00 ONLINE TRAINING	1-2-1 Support Worker Session 2:30-3:30

Monday 18 th December		Tuesday 19 th December			Wednesday 20 th December		Thursday 21 st December		Friday 22 nd December		
Participants Breakfast		Wellbeing	Wellbeing Morning		Independent Living Morning		Personal Development		Tea and	d Toast 9:30 –	
9:30 – 11:00							Morning		10:30		
SMART New	Personal	Meditation	Morning	Christmas	Substance	Christi	nas	Winter	Drama	Team	
Year Goals	Projects	9.30-10.30	Boules and	Lunch	Misuse Group	Lunc	:h	Wellbeing	Games	Challenge	
11-12	11:00-1:00	0	Skittles	Preparation	10:00-11:30	Prepara	ation	Prep 10 - 11	10:00 -	10:30-12:30	
<u> </u>			10-12	10-12.30		10-12	.30		11:00		
=	'N'N'N'		QoQ					Morning		Participant	
		Tai Chi			Empire			Wellbeing		Led Session	
Meal Planning		10.30-11.30	(0)		Fighting			Walk		11:00-12:00	
12-1					Chance 11:00-12:00			10-11.30			
Mince Pies	Mince Pies 11-1		Christmas Lunch		11:00-12:00				Christmas Cookies 12-1		
1:00-3:00		(Women Only)				Christmas Lunch (Games, Food,		Friday Fun 1:00-3:30			
$((\circ\circ))$		(Games, Food Crafts)		, , ,							
				Crafts) 12.30-4		Crafts) 12.30-4			MAN PAR		
Climbing Life's	Carrabata	12 :	30-4						4	e Cons	
Mountain 1 -2	Couch to 5K	12.	JU 4		A		A		4	1	
	3-4			4			7	?			
Cultatanaa	1-2-1	- 4	?	1	27			7	Division.	1 2 1 5	
Substance Support Group	Support		•						Digital	1-2-1 Support Worker	
2:00-3:30	Worker		\geq		•			۱	College 1:00-4:00		
2 2 2	Session								\times \times \times	2:30-3:30	
數量運	3:30 – 4:30								ONLINE		
西夏鄉		1-2-1 Support Worker Session		1-2-1 Support Worker Session		1-2-1 Support Worker Session 3:30 – 4:30		The state of the s			
		3:30	- 4:30	3:30	- 4:30		3:30 -	- 4:30			
Wellbeing Hour						1					
3.30-4.30	000		2		9)			2			
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Monday 25 th December	Tuesday 26 th December	6 th December Wednesday 27 th Decemb			h December	Friday 29 th December	
		Independent Living Morning		Personal De Morr	•	Tea and Toast 9:30 – 10:30	
		College 10:30 – 1:00 ONLINE TRAINING Boxing with	hicken Stew (Cornmeal Dumplings)	Understanding and responding to hate 9.30-10.30 Employment Skills 10:30-12:30	Personal Projects 09.30-12:00	Job Club Drop In 10-12	Team Challenge 10:30-12:30 Participant Led Session 11:00-12:00
				Peach Cobbler 12-1		Chicken Creole 12 - 1	
Christmas Day (Closed)	Boxing Day (Closed)	/_	DWP Drop in 12:00 – 3:30	Jigsaw Club/ Board Games 1.00-3.00	Water- colours 1.30-3.30	Friday Fun 1:00-3:30	
	(Closed)	Hub Newsletter 2.30-3.30		Boules 1.00-3.00			
		Kwanzaa Crafts 1.30 – 3.30	1-2-1 Support Worker Session	Wellbeing Ho		Digital College 1:00-4:00	1-2-1 Support Worker Session 2:30-3:30
			:30 – 4:30		<u>ر</u>	TRAINING	
		Wellbeing Walk 1:30-3:00		1-2-1 Support Worker Afternoon 1:30-4:30			