




























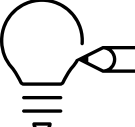





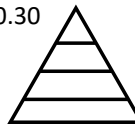


























































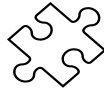









Monday 4 th December		Tuesday 5 th December		Wednesday 6 th December		Thursday 7 th December		Friday 8 th December	
Participants Breakfast 9:30 – 11:00		Wellbeing Morning		Independent Living Morning		Personal Development Morning		Tea and Toast 9:30 – 10:30	
Gratitude Journalling 11.00-12.00  Creative 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 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
Christmas Cake 11-1		Women's Afternoon Cooking 12:30 – 1:30				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 	Substance Misuse Group 3-4 	Empire Fighting Chance 11:00-12:00 Changing Tunes 12:00-15:00 	DWP Drop in 12:00 – 3:30 	Boules 1:00 – 3:00 		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 	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 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 	Tai Chi 9.30-10.30  Juice Shack! 10.30-11.30	Felt Christmas Tree Decorations 10-12.30 	Digital College 10:30 – 1:00  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  Christmas Sandwiches 12-1	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						Mushroom Wellington 12-1	
Make and Mend 1:00-3:00  Taking Charge 1-2 	Sport* 1:00-3:00 	From Anti to Pro-Social Behaviour 2-3 	Substance Misuse Group 3-4 	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  Bowles 1.00-3.00 	Water colours 1.30-3.30 	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 	Digital College 1:00-4:00 	Arts and Crafts 1:00-4:00 	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 	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 9:30 – 11:00		Wellbeing Morning		Independent Living Morning		Personal Development Morning		Tea and Toast 9:30 – 10:30	
SMART New Year Goals 11-12 	Personal Projects 11:00-1:00 	Meditation 9.30-10.30 	Morning Boules and Skittles 10-12 	Christmas Lunch Preparation 10-12.30 	Substance Misuse Group 10:00-11:30  Empire Fighting Chance 11:00-12:00	Christmas Lunch Preparation 10-12.30 	Winter Wellbeing Prep 10 - 11  Morning Wellbeing Walk 10-11.30 	Drama Games 10:00 – 11:00 	Team Challenge 10:30-12:30  Participant Led Session 11:00-12:00
Mince Pies 11-1		Christmas Lunch (Women Only) (Games, Food Crafts) 12.30-4 		Christmas Lunch (Games, Food, Crafts) 12.30-4 		Christmas Lunch (Games, Food, Crafts) 12.30-4 		Christmas Cookies 12-1	
Make and Mend 1:00-3:00 	Sport* 1:00-3:00 			Friday Fun 1:00-3:30 		Digital College 1:00-4:00 		1-2-1 Support Worker Session 2:30-3:30 	
Climbing Life's Mountain 1 -2 	Couch to 5K 3-4 			1-2-1 Support Worker Session 3:30 – 4:30 		1-2-1 Support Worker Session 3:30 – 4:30 		1-2-1 Support Worker Session 3:30 – 4:30 	
Substance Support Group 2:00-3:30 	1-2-1 Support Worker Session 3:30 – 4:30 								

Monday 25 th December	Tuesday 26 th December	Wednesday 27 th December	Thursday 28 th December	Friday 29 th December
Christmas Day (Closed)	Boxing Day (Closed)	Independent Living Morning	Personal Development Morning	Tea and Toast 9:30 – 10:30
		Digital College 10:30 – 1:00  Boxing with Ako 11:00-12:00	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 
		Changing Tunes 12:00-15:00  Hub Newsletter 2.30-3.30	Peach Cobbler 12-1 Jigsaw Club/ Board Games 1.00-3.00  Boules 1.00-3.00 	Chicken Creole 12 - 1 Friday Fun 1:00-3:30 
		Kwanzaa Crafts 1.30 – 3.30  Wellbeing Walk 1:30-3:00 	DWP Drop in 12:00 – 3:30  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 