





What's on at the Hub this March?!

Turn over for more!

Mond	day 26th Febru	ary	Tueso	lay 27th Februa	ary	Wedne	sday 28th Febr	uary	Thursday 29th Febuary			Friday 1st March		
Workshop Room	Main Space	Kitchen	Workshop Room	Main Space	Kitchen	Workshop Room	Main Space	Kitchen	Workshop Room	Main Space	Kitchen	Workshop Room	Main Space	Kitchen
10am -11am Men Matter (MC)	Arts & Crafts 11am - 12:30pm	Tea & Toast 9:30am - 10am		Structured Supervision Centre for Manchester South		Thrive 10am-11am	Tea and Toast 9.30am - 10am Health & Wellbeing	Hub Grub - AM Session	Womens Session 10am-1pm (LB)	Tranform & Achieve 10:30am - 4:30pm	Tea & Toast 9:30am - 10am	Sew & Stitch 10am-12pm	Chat & Bat 11am - 12pm	Tea & Toast 9:30am - 10am
Job Tech 1pm-2pm	Koestler Art (Independent	eam)	Womens Sessions 10am -1pm (LB)		Drum Workshop 2pm-3pm	(AB) 12pm-1pm Hub Walk 1pm-2pm	ниb Grub - (SW Team) PM Session		Aspiration 10am-12pm	Hub Grub - (\$W Team) PM Session	Men Matter (HT) 1pm-2pm	Ä	eam)	
Anger Management 2pm-3pm	Session) 11am - 1pm	Hub Grub - (SW Team) РМ Session						TIPP Music	Independent Living - Cooking		Emotional Resillience (AC) 2pm-3pm	Digital College	Hub Grub - (SW Team) PM Session	
Thrive 3pm-4pm	Board Games & Jigsaws 2pm-4pm	Ŧ				let	(cw)	H H	2pm - 4pm	(HT) 12pm-2pm	1	Mindfulness 3pm-4pm	2pm - 4pm	н
Mo	nday 4th Marc	h	Tue	sday 5th Marc		Wednesday 6th March			Thursday 7th March			Friday 8th March		
Workshop Room	Main Space	Kitchen	Workshop Room	Main Space	Kitchen	Workshop Room	Main Space	Kitchen	Workshop Room	Main Space	Kitchen	Workshop Room	Main Space	Kitchen
10am -11am Men Matter	Arts & Crafts	12:30pm SE E Womens Sessions			Thrive	Tea and Toast 9.30am - 10am	- AM Session		Tranform & Achieve 10:30am - 4:30m (Rebecca) & E 00:00	k Toast n - 10am	Sewing & Stitch Women's	International Women's Day!	Tea & Toast 9:30am - 10am	
粟	11am - 12:30pm			Structured St	•	10am-11am	Health & Wellbeing (AB)	Hub Grub -	Womens Session 10am-1pm (LB)	Pillars of Aspiration	Tea 8 9:30an	10am-12pm	10am - 12pm	Tea 6 9:30an
Job Tech 1pm-2pm	Koestler Art (Independent Session) 11am - 1pm	(LB)	(LB) South			12pm-1pm	sam)		10am-12pm	meam)	Men Matter (HT) 1pm-2pm		eam)	
Anger Management 2pm-3pm		Grub - (SW Team) PM Session		新 種		TiPP Drama 2pm-4pm	Hub Walk 1pm-2pm	Hub Grub - (SW Team) PM Session	TIPP Music	Independent Living - Cooking	Hub Grub - (SW Team) PM Session	Emotional Resillience (AC) 2pm-3pm	Hub Focus Group 1pm - 3pm (BS)	Hub Grub - (SW Team) PM Session
Thrive 3pm-4pm	Board Games & Jigsaws 2pm-4pm	를				8	(cw)	HubG	2pm - 4pm (H	(HT) 12pm-2pm	Ниво	Mindfulness 3pm-4pm		Нив

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Job Tech 1pm-2pm (HT)	Koestler Art (Independent	am)		Structured Supervision Centre for Manchester South		(AB) 12pm-1pm	am)			am)	Men Matter (HT) == 1pm-2pm		am)
Anger Management 2pm-3pm	Session) 11am - 1pm	Grub - (SW Team) PM Session	(LB)	\$1 .	Drum Workshop 2pm-3pm	Hub Walk 1pm-2pm	Grub - (SW Team) PM Session	TIPP Music	Independent Living - Cooking	rub - (SW Team) PM Session	Emotional Resillience (AC) 2pm-3pm	Digital College	Hub Grub - (SW Team) PM Session
Thrive 3pm-4pm	Board Games & Jigsaws 2pm-4pm	Hub Gr			Īōt	(cw)	Hub Gi	2pm - 4pm	(HT) 12pm-2pm	Hub Grub -	Mindfulness 3pm-4pm	2pm - 4pm	
	Monday 4th March			esday 5th March	Wednesday 6th March			Thursday 7th March			Friday 8th March		
Workshop Room	Main Space	Kitchen	Workshop Room	Main Space Kitchen	Workshop Room	Main Space	Kitchen	Workshop Room	Main Space Tranform &	Kitchen	Workshop Room	Main Space	Kitchen
10am -11am Men Matter	Arts & Crafts 11am -	Tea & Toast 9:30am - 10am			Thrive 10am-11am	Tea and Toast 9.30am - 10am		Womens	Achieve 10:30am - 4:30m [Rebecca] - **Book Figure Fi	Stitch Women's Da	International Women's Day!	ابر ۱۹	
=======================================	12:30pm	Tea & 9:30am	Womens Sessions 10am -1pm	Structured Supervision Centre for Manchester	loani-riani	Health & Wellbeing (AB)	Hub Gr	Session 10am-1pm (LB)	Pillars of Aspiration	Теа & 9:30am	10am-12pm	10am - 12pm	Tea & 9:30am
Job Tech 1pm-2pm	Koestler Art (Independent	er Art ndent <u>E</u>	(LB)	South		≥12pm-1pm	am)		10am-12pm	(ma	Men Matter (HT) 1pm-2pm		am)
Anger Management 2pm-3pm	Session) 11am - 1pm	ıb - (SW Team) M Session		を記し	TiPP Drama 2pm-4pm	Hub Walk 1pm-2pm	ıb - (SW Team) M Session	TIPP Music	Independent Living - Cooking	Hub Grub - (SW Team) PM Session	Emotional Resillience (AC) 2pm-3pm	Hub Focus Group 1pm - 3pm (BS)	Hub Grub - (SW Team) PM Session
Thrive 3pm-4pm	Board Games & Jigsaws 2pm-4pm	Hub Grub			8	(CW)	Hub Grub -	2pm - 4pm	(HT) 12pm-2pm	Hub Gru P	Mindfulness 3pm-4pm	(50)	Hub Grul

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1	Mon	day 11th Marc	ch	Tues	sday 12th March	Wednesday 13th March			Thursday 14th March			Friday 15th March		
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10am - Men M	latter	Arts & Crafts 11am - 12:30pm	th Crafts to Lost way to the control of the control	Womens Sessions 10am -1pm (LB)	Structured Supervision	Thrive 10am-11am	Tea and Toast 9.30am - 10am Health & Vellbeing (AB)	Hub Grub - AM Session	₩omens Session 10am-1pm (LB)	Tranform & Achieve 10:30am - 4:30pm Pillars of Aspiration 10am-12pm	Tea & Toast 9:30am - 10am	Sewing & Stitch 10am-12pm	Chat & Bat 11am - 12pm	Tea & Toast 9:30am - 10am
Job T 1pm-2 (HT	2թո ան	Koestler Art	eam)			Drum Vorkshop 2pm-3pm	12pm-1pm	eam)		Journ Inpill	eam)	Men Matter (HT) == 1pm-2pm	. ^	eam)
Ang Manage 2pm-3	ement	Session) 11am - 1pm	Grub - (SW Team) PM Session				Hub Valk 1pm-2pm (CV)	Hub Grub - (SW Team) PM Session	TIPP Music 2pm - 4pm	Independent Living - Cooking (HT) 12pm-2pm	Hub Grub - (SW Team) PM Session	Emotional Resillience (AC) 2pm-3pm	Digital College 2pm - 4pm	Hub Grub - (SW Team) PM Session
Thris 3pm-4		Board Games & Jigsaws 2pm-4pm	Hub Gr									Mindfulness 3pm-4pm		
	Monday 18th March		ch	Tues	sday 19th March	Wednesday 20th March			Thursday 21st March			Frid	lay 22nd Marc	h
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10am - Men M	atter	Arts & Crafts 11am - 12:30pm	Tea & Toast 9:30am - 10am	Womens Sessions 10am -1pm (LB)	South	Thrive 10am-11am	Tea and Toast 9.30am - 10am Health & Vellbeing	Hub Grub - AM Session	Vomens Session 10am-1pm (LB)	Tranform & Achieve 10:30am - 4:30pm	Tea & Toast 9:30am - 10am	Sewing & Stitch 10am-12pm	Chat & Bat 11am - 12pm	Tea & Toast 9:30am - 10am
Job T 1pm-2 (HT	2рп💼	Koestler Art (Independent Session) 11am - 1pm Board Games & Jigsaws 2pm-4pm	irt (wee			•	(AB) 12pm-1pm	eam)	Art Exhibition & Hubs Got Talent!		E S	Men Matter (HT) == 1pm-2pm	Ä	eam)
Ang Manage 2pm-3	ement		Grub - (SW Team) PM Session		\$1#	TiPP Drama 2pm-4pm	Hub Walk 1pm-2pm	ub - (SW Team) M Session			_	Emotional Resillience (AC) 2pm-3pm	Digital College	Grub - (SW Team) PM Session
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