





























What's on at the Hub this March?!






























Turn over for more!

Monday 26th February			Tuesday 27th February			Wednesday 28th February			Thursday 29th February			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 	Womens Sessions 10am -1pm (LB)	Structured Supervision Centre for Manchester South 	Hub Grub - (SW Team) PM Session	Thrive 10am-11am	Tea and Toast 9.30am - 10am 	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 (HT) 	Koestler Art (Independent Session) 11am - 1pm	Hub Grub - (SW Team) PM Session				Drum Workshop 2pm-3pm 	Hub Grub - (SW Team) PM Session	Health & Wellbeing (AB) 12pm-1pm 		Pillars of Aspiration 10am-12pm	Hub Grub - (SW Team) PM Session	Men Matter (HT) 1pm-2pm 		Independent Living - Cooking (HT) 12pm-2pm 	Emotional Resilience (AC) 2pm-3pm	Digital College 2pm - 4pm	Hub Grub - (SW Team) PM Session
Anger Management 2pm-3pm	Board Games & Jigsaws 2pm-4pm							Mindfulness 3pm-4pm 									
Thrive 3pm-4pm																	
Monday 4th March			Tuesday 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	Kitchen	Workshop Room	Main Space	Kitchen			
10am -11am Men Matter 	Arts & Crafts 11am - 12:30pm 	Tea & Toast 9:30am - 10am 	Womens Sessions 10am -1pm (LB)	Structured Supervision Centre for Manchester South 	Hub Grub - (SW Team) PM Session	Thrive 10am-11am	Tea and Toast 9.30am - 10am 	Hub Grub - AM Session	Womens Session 10am-1pm (LB)	Tranform & Achieve 10:30am - 4:30pm (Rebecca) 	Tea & Toast 9:30am - 10am 	Sewing & Stitch 10am-12pm	International Women's Day! 10am - 12pm	Tea & Toast 9:30am - 10am 			
Job Tech 1pm-2pm (HT) 	Koestler Art (Independent Session) 11am - 1pm	Hub Grub - (SW Team) PM Session				TiPP Drama 2pm-4pm 	Hub Grub - (SW Team) PM Session	Health & Wellbeing (AB) 12pm-1pm 		Pillars of Aspiration 10am-12pm	Hub Grub - (SW Team) PM Session	Men Matter (HT) 1pm-2pm		Independent Living - Cooking (HT) 12pm-2pm 	Emotional Resilience (AC) 2pm-3pm	Hub Focus Group 1pm - 3pm (BS)	Hub Grub - (SW Team) PM Session
Anger Management 2pm-3pm	Board Games & Jigsaws 2pm-4pm 							Mindfulness 3pm-4pm									
Thrive 3pm-4pm																	

Speak to your Support Worker to express your interest in these sessions and you will be contacted with your booking slot!

































What's on at the Hub this March?!

Turn over for more!

Monday 26th February			Tuesday 27th February			Wednesday 28th February			Thursday 29th February			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 	Womens Sessions 10am -1pm (LB)	Structured Supervision Centre for Manchester South 	Hub Grub - AM Session	Thrive 10am-11am	Tea and Toast 9.30am - 10am 	Hub Grub - PM Session	Womens Session 10am-1pm (LB)	Transform & 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 (HT) 	Koestler Art (Independent Session) 11am - 1pm	Hub Grub - (SW Team) PM Session				Drum Workshop 2pm-3pm 	Health & Wellbeing (AB) 12pm-1pm 					Pillars of Aspiration 10am-12pm		Hub Grub - (SW Team) PM Session	Men Matter (HT) 1pm-2pm 	Digital College 2pm - 4pm	Hub Grub - (SW Team) PM Session	
Anger Management 2pm-3pm	Board Games & Jigsaws 2pm-4pm						Hub Walk 1pm-2pm (CW) 					Independent Living - Cooking (HT) 12pm-2pm 			Emotional Resilience (AC) 2pm-3pm			Mindfulness 3pm-4pm 
Thrive 3pm-4pm																		
Monday 4th March			Tuesday 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	Kitchen	Workshop Room	Main Space	Kitchen				
10am -11am Men Matter 	Arts & Crafts 11am - 12:30pm 	Tea & Toast 9:30am - 10am 	Womens Sessions 10am -1pm (LB)	Structured Supervision Centre for Manchester South 	Hub Grub - AM Session	Thrive 10am-11am	Tea and Toast 9.30am - 10am 	Hub Grub - PM Session	Womens Session 10am-1pm (LB)	Transform & Achieve 10:30am - 4:30pm (Rebecca) 	Tea & Toast 9:30am - 10am 	Sewing & Stitch 10am-12pm	International Women's Day! 10am - 12pm	Tea & Toast 9:30am - 10am 				
Job Tech 1pm-2pm (HT) 	Koestler Art (Independent Session) 11am - 1pm	Hub Grub - (SW Team) PM Session				TiPP Drama 2pm-4pm 	Health & Wellbeing (AB) 12pm-1pm 					Pillars of Aspiration 10am-12pm		Hub Grub - (SW Team) PM Session	Men Matter (HT) 1pm-2pm	Hub Focus Group 1pm - 3pm (BS)	Hub Grub - (SW Team) PM Session	
Anger Management 2pm-3pm	Board Games & Jigsaws 2pm-4pm 						Hub Walk 1pm-2pm (CW) 					Independent Living - Cooking (HT) 12pm-2pm			Emotional Resilience (AC) 2pm-3pm			
Thrive 3pm-4pm																		

Speak to your Support Worker to express your interest in these sessions and you will be contacted with your booking slot!

What's on at the Hub this March?!

Monday 11th March			Tuesday 12th March			Wednesday 13th March			Thursday 14th March			Friday 15th 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 11am - 12:30pm 	Tea & Toast 9:30am - 10am 	Womens Sessions 10am -1pm (LB)	Structured Supervision Centre for Manchester South 		10am-11am	Tea and Toast 9.30am - 10am 	Hub Grub - AM Session	Womens 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 Tech 1pm-2pm (HT) 	Koestler Art (Independent Session) 11am - 1pm	Hub Grub - (SW Team) PM Session				Drum Workshop 2pm-3pm 	Health & Wellbeing (AB) 12pm-1pm 			Hub Grub - PM Session					TIPP Music 2pm - 4pm 	Independent Living - Cooking (HT) 12pm-2pm	Hub Grub - (SW Team) PM Session	Men Matter (HT) 1pm-2pm 	Emotional Resilience (AC) 2pm-3pm	Digital College 2pm - 4pm	Hub Grub - (SW Team) PM Session											
Anger Management 2pm-3pm	Board Games & Jigsaws 2pm-4pm 																															
Thrive 3pm-4pm																																
Monday 18th March			Tuesday 19th March			Wednesday 20th March			Thursday 21st March			Friday 22nd 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 11am - 12:30pm 	Tea & Toast 9:30am - 10am 	Womens Sessions 10am -1pm (LB)	Structured Supervision Centre for Manchester South 		10am-11am	Tea and Toast 9.30am - 10am 	Hub Grub - AM Session	Womens 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 Tech 1pm-2pm (HT) 	Koestler Art (Independent Session) 11am - 1pm	Hub Grub - (SW Team) PM Session				TiPP Drama 2pm-4pm 	Health & Wellbeing (AB) 12pm-1pm 			Hub Grub - PM Session					Art Exhibition & Hubs Got Talent! 12pm-3pm   	Men Matter (HT) 1pm-2pm 	Emotional Resilience (AC) 2pm-3pm	Digital College 2pm - 4pm	Hub Grub - (SW Team) PM Session													
Anger Management 2pm-3pm	Board Games & Jigsaws 2pm-4pm 																															
Thrive 3pm-4pm																																