






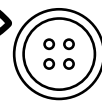











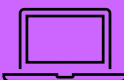






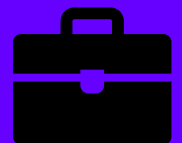



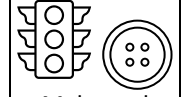

























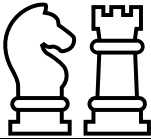




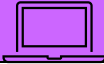































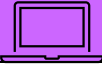



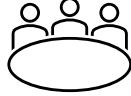








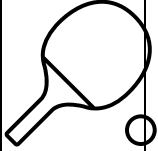



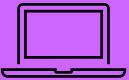


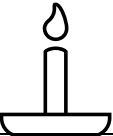







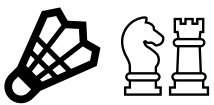












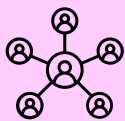

















Monday 01 <sup>st</sup> April	Tuesday 2 <sup>nd</sup> April	Wednesday 03 <sup>rd</sup> April	Thursday 4 <sup>th</sup> April	Friday 5 <sup>th</sup> April				
<h1>HUB CLOSED</h1>	<b>1-2-1 Session 9.30-10.30</b>		<b>1-2-1 Session 9.30-10.30</b>		<b>Tea and Toast 9.30-11</b>			
	Meditation 9.30-10.30  Hot Air Balloon Making 10-12 	Wellbeing Walk 10.30-12 	Digital College 9.30-4 	Substance Misuse Group 10-11 	Boxing With Ako 10.30-12 	Visualising the Impact of Crime 9.30-10.30  Make and Mend 10-12 	Paint a canvas for the hub 10-12 	Documentary Watch/Discuss 10-12 
	<b>Women's Only Cooking 12.30-1.30</b>		Yoga 11-12 	<b>Budget Bites 12-1</b>		<b>Easter Cooking 12-1</b>		
	<b>Women's Afternoon 12.30-3.30</b>		DWP Drop In 12-3 	Changing Tunes 12-3 		<b>Friday Fun (Crafts) 1:30-3:30</b>		
	<b>Substance Misuse Group 2-3</b>		Hub Newsletter 2-3 	Clay Arts 1-3 	Boules 1:00-3:00 	Personal Projects 1.30-3.30 		
	<b>1-2-1 Support Worker Session 3-4</b>		<b>1-2-1 Support Worker Session 3-4</b>		Digital College 9.30-4 	Digital College 9.30-4 		
								

Monday 08 <sup>th</sup> April		Tuesday 09 <sup>th</sup> April		Wednesday 10 <sup>d</sup> April		Thursday 11 <sup>th</sup> April		Friday 12 <sup>th</sup> April	
<b>Men's Breakfast 9.30-11</b>		<b>1-2-1 Session 9.30-10.30</b>		<b>1-2-1 Session 9.30-10.30</b>		<b>1-2-1 Session 9.30-10.30</b>		<b>Tea and Toast 9.30-11</b>	
Tai Chi 11-12 	Personal Projects 11:00-1:00 	<b>Jobs Fair 9.30-12</b> 		Digital College 9.30-4 	Substance Misuse Group 10-11 	Boxing With Ako 10.30-12 	Stop and Think! 9.30-10.30 	Employability Mentoring 10-12 	Documentary Watch/Discuss 10-12 
Meal Planning 12-1 		<b>Women's Only Cooking 12.30-1.30</b>		Boxing Under 30's 11-12 	<b>Budget Bites 12-1</b> 	<b>Vegetarian Cooking 12-1</b>		<b>Eid Cooking 12-1</b>	
<b>Baking 11-1</b>		<b>Women's Afternoon 12.30-3.00</b> 		DWP Drop In 12-3 	<b>Changing Tunes 12-3</b> 	Table Tennis 1:00-3:00 	Personal Projects 1.30-3.30 	<b>Friday Fun (Quiz) 1:30-3:30</b> 	
Climbing Lives Mountain 1-2 	Sports! 1:00-3:00 	Substance Misuse Group 2-3 		Hub Newsletter 2-3 	Ashton Court Trip 1-3 	<b>Digital College 9.30-4</b> 		<b>Digital College 9.30-4</b> 	
Substance Misuse Group 2-3.30 	Digital College 9.30-4 	1-2-1 Support Work Session 3-4 		1-2-1 Support Worker Session 3-4 		1-2-1 Support Worker Session 3-4 		1-2-1 Support Worker Session 2.30-3.30 	
1-2-1 Support Worker Session 3-4 									

Monday 15 <sup>th</sup> April		Tuesday 16 <sup>th</sup> April		Wednesday 17 <sup>th</sup> April		Thursday 18 <sup>th</sup> April		Friday 19 <sup>th</sup> April	
<b>Men's Breakfast 9.30-11</b>		<b>1-2-1 Session 9.30-10.30</b>		<b>1-2-1 Session 9.30-10.30</b>		<b>1-2-1 Session 9.30-10.30</b>		<b>Tea and Toast 9.30-11</b>	
<b>Board Games!</b> 11-1 	Personal Projects 11:00-1:00 	Meditation 9.30-10.30  Hierarchy of Needs 10.30-11.30 	Wellbeing Walk 10.30-12 	Digital College 9.30-4 	Substance Misuse Group 10-11 	Boxing With Ako 10.30-12 	CSCS Course 9.30-4 	Paint a canvas for the hub 10-12 	CSCS Course 9.30-4 
<b>Baking 11-1</b>		<b>Women's Only Cooking 12.30-1.30</b>		Yoga 11-12 	<b>Budget Bites 12-1</b> 	<b>Vegetarian Cooking 12-1</b>		<b>Sikh Cooking 12-1</b>	
<b>Taking Charge</b> 1-2 	<b>Sports!</b> 1:00-3:00 	<b>Women's Afternoon 12.30-3.30</b> 		<b>DWP Drop In 12-3</b> 	<b>Changing Tunes 12-3</b> 	Boules 1:00-3:00 	Personal Projects 1.30-3.30 	<b>Rockin Reptiles 1.30-3.30</b> 	
Substance Misuse Group 2-3.30 	Digital College 9.30-4 	<b>Substance Misuse Group 2-3</b> 		Hub Newsletter 2-3 	Poetry 1-3 	Digital College 9.30-4 		Digital College 9.30-4 	
1-2-1 Support Worker Session 3-4 		1-2-1 Support Worker Session 3-4 		1-2-1 Support Worker Session 3-4 		1-2-1 Support Worker Session 3-4 		1-2-1 Support Worker Session 2.30-3.30 	

Monday 22 <sup>nd</sup> April		Tuesday 23 <sup>rd</sup> April		Wednesday 24 <sup>th</sup> April		Thursday 25 <sup>th</sup> April		Friday 26 <sup>th</sup> April	
<b>Men's Breakfast 9.30-11</b>		<b>1-2-1 Session 9.30-10.30</b>		<b>1-2-1 Session 9.30-10.30</b>		<b>1-2-1 Session 9.30-10.30</b>		<b>Tea and Toast 9.30-11</b>	
<b>HQV</b> <b>Awareness</b> <b>Training</b> <b>10.30-12.30</b> 	Personal Projects 11:00-1:00 	Tai Chi 9.30-10.30  SMART Goals 10.30-11.30	Wellbeing Walk 10.30-12 	Digital College 9.30-4 	Substance Misuse Group 10-11 	Boxing With Ako 10.30-12 	Emotional Management 9.30-10.30  Make and Mend 10-12	Employability Mentoring 10-12 	Documentary Watch/Discuss 10-12 
	<b>Baking 11-1</b>		<b>Women's Only Cooking 12.30-1.30</b>		Boxing Under 30's 11-12 	<b>Budget Bites</b> 12-1 	<b>Vegetarian Cooking 12-1</b>		<b>Passover Cooking 12-1</b>
Sustainable Living (Earth Day) 1-2 	<b>Sports!</b> 1:00-3:00 	<b>Women's Afternoon 12.30-3.30</b> 		<b>DWP Drop In</b> 12-3 	<b>Changing Tunes</b> 12-3 	Table Tennis 1:00-3:00 	Personal Projects 1.30-3.30 	<b>Friday Fun (Gameshow)</b> 1:30-3:30 	
Substance Misuse Group 2-3.30 	Digital College 9.30-4 	Substance Misuse Group 2-3 		Hub Newsletter 2-3 	Candle Making 1-3 	Digital College 9.30-4 		Digital College 9.30-4 	
1-2-1 Support Worker Session 3-4 		1-2-1 Support Worker Session 3-4 		1-2-1 Support Worker Session 3-4 		1-2-1 Support Worker Session 3-4 		1-2-1 Support Worker Session 2.30-3.30 	

Monday 29 <sup>th</sup> April		Tuesday 30 <sup>th</sup> April		Wednesday 01 <sup>st</sup> May		Thursday 02 <sup>nd</sup> May		Friday 03 <sup>rd</sup> May	
<b>Men's Breakfast 9.30-11</b>		<b>1-2-1 Session 9.30-10.30</b>		<b>1-2-1 Session 9.30-10.30</b>		<b>1-2-1 Session 9.30-10.30</b>		<b>Tea and Toast 9.30-11</b>	
Board Games 11-1 	Personal Projects 11:00-1:00 	Meditation 9.30-10.30 	Wellbeing Walk 10.30-12 	Digital College 9.30-4 	Substance Misuse Group 10-11 	Boxing With Ako 10.30-12 	From Anti to Pro-Social Behaviour 9.30-10.30 	Paint a canvas for the hub 10-12 	Documentary Watch/Discuss 10-12 
Morning Sports 11-1		Self-Care 10.30-11.30		Yoga 11-12 	<b>Budget Bites 12-1</b> 		Make and Mend 10-12		
<b>Baking 11-1</b>		<b>Women's Only Cooking 12.30-1.30</b>		<b>Vegetarian Cooking 12-1</b>		<b>Vegetarian Cooking 12-1</b>		<b>Spring Cooking 12-1</b>	
<b>Probation Celebration Event 1-4</b> 		<b>Women's Afternoon 12.30-3.30</b> 		<b>DWP Drop In 12-3</b> 		<b>Changing Tunes 12-3</b> 		<b>Friday Fun (Quiz) 1:30-3:30</b> 	
Substance Misuse Group 2-3.30 	Digital College 9.30-4 	Substance Misuse Group 2-3 		<b>Hub Newsletter 2-3</b> 		<b>Marbling and Splatter Art 1-3</b> 		<b>Digital College 9.30-4</b> 	
1-2-1 Support Worker Session 3-4 		<b>Team Meeting</b>		1-2-1 Support Worker Session 3-4 		<b>Digital College 9.30-4</b> 		<b>Digital College 9.30-4</b> 	
				1-2-1 Support Worker Session 3-4 		1-2-1 Support Worker Session 3-4 		1-2-1 Support Worker Session 2.30-3.30 