





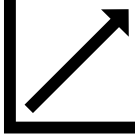






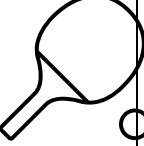











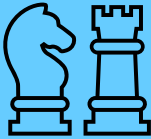







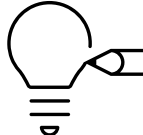
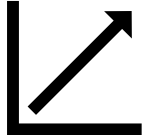
















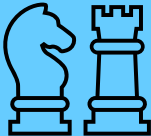

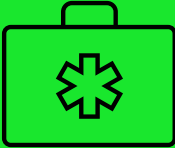
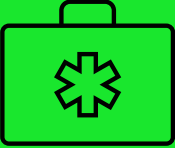


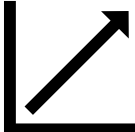







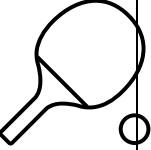



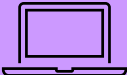


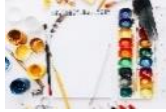

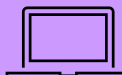

















Monday 6 th May	Tuesday 7 th May	Wednesday 8 th May	Thursday 9 th May	Friday 10 th May		
BANK HOLIDAY: HUB CLOSED	1-2-1 Session 9.30-10.30	1-2-1 Session 9.30-10.30	Mentor Me 11-12	Tea, Toast and Watch 9.30-11 (Inside the Factory)		
	Tai chi 9.30-10.30  Wellbeing Walk 10.30-12 	Digital College 9.30-4  Substance Misuse Group 10-11 	Boxing With Ako 10.30-12 	From Anti to Pro-Social Behaviour 9.30-10.30  Make and Mend 10-12	Employability Skills 10-12 	Friday Fitness 11-1 
	Clay Arts 10-12 	Bristol Canvas! 10-12 	Budget Bites 12-1 	Vegetarian Cooking 12-1	Cooking 12-1	
	Women's Only Cooking 12.30-1.30	DWP Drop In 12-3 	Changing Tunes 12-3 	Table Tennis 1:00-3:00 	Friday Fun (Crafty!) 1:30-3:30 	
	Women's Afternoon 12.30-3.30 	Portrait Drawing (with Top Dog) 1.30-3.30 	Digital College 9.30-4 	Personal Projects 1.30-3.30 	Digital College 9.30-4 	
	Substance Misuse Group 2-3 	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 13 th May		Tuesday 14 th May		Wednesday 15 th May	Thursday 16 th May		Friday 17 th May	
Men's Breakfast 9.30-11		1-2-1 Session 9.30-10.30		1-2-1 Session 9.30-10.30	1-2-1 Session 9.30-10.30		Tea, Toast and Watch 9.30-11 (Paul Merson)	
Board Games! 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 	 Be Kind to your Mind – The Big Hub Picnic and Games 10-3 	Boxing With Ako 10.30-12 	Vision Boards 9.30-10.30  Make and Mend 10-12	Employability Skills 10-12 	Friday Fitness 11-1 
Baking 11-1		Women's Only Cooking 12.30-1.30			Vegetarian Cooking 12-1		Cooking 12-1	
Overcoming Setbacks 1-2 	Sports! 1:00-3:00 	Women's Afternoon 12.30-3.30 			Boules 1:00-3:00 	Personal Projects 1.30-3.30 	Friday Fun (Gameshow) 1:30-3:30 	
Substance Misuse Group 2-3.30 	Digital College 9.30-4 	Substance Misuse Group 2-3 			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 2.30-3.30 	

Monday 20 th May		Tuesday 21 st May		Wednesday 22 nd May		Thursday 23 rd May		Friday 24 th May	
Men's Breakfast 9.30-11		1-2-1 Session 9.30-10.30		1-2-1 Session 9.30-10.30		1-2-1 Session 9.30-10.30		Tea, Toast and Watch 9.30-11 (Bodyhack)	
Board Games! 11-1 	Personal Projects 11:00-1:00 	First Aid 9.30-1.30 		First Aid 9.30-1.30 		Boxing With Ako 10.30-12 	Stop and Think! 9.30-10.30  Make and Mend 10-12	Employability Skills 10-12 	Friday Fitness 11-1 
Baking 11-1		Afternoon Cooking 2-3		Budget Bites 2-3		Vegetarian Cooking 12-1		Cooking 12-1	
Climbing Life's Mountain 1-2 	Sports! 1:00-3:00 	Wellbeing Afternoon (Tai Chi and Meditation) 2-4  	DWP Drop In 12-3 	Changing Tunes 12-3 	Table Tennis 1:00-3:00 	Personal Projects 1.30-3.30 	Friday Fun (Quiz) 1:30-3:30 		
Substance Misuse Group 2-3.30 	Digital College 9.30-4 	Substance Misuse Group 2-3 	Substance Misuse Group 2-3.30 	Canvas Painting 2-4 	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 27 th May	Tuesday 28 th May	Wednesday 29 th May	Thursday 30 th May	Friday 31 st May	
BANK HOLIDAY: HUB CLOSED	Jobs Fair 9.30-12 	1-2-1 Session 9.30-10.30 Digital College 9.30-4  Substance Misuse Group 10-11 	1-2-1 Session 9.30-10.30 Boxing With Ako 10.30-12  Mental Health Myths 9.30-10.30  Make and Mend 10-12	Tea, Toast and Watch 9.30-11 (Food Prices) Employability Skills 10-12  Friday Fitness 11-1 	
	Women's Only Cooking 12.30-1.30	Budget Bites 12-1 	Vegetarian Cooking 12-1	Cooking 12-1	
	Women's Afternoon 12.30-3.30 	DWP Drop In 12-3 	Boules 1:00-3:00 	Personal Projects 1.30-3.30 	Friday Fun (Crafty!) 1:30-3:30 
	Substance Misuse Group 2-3 	Changing Tunes 12-3 	Tye Dye 1.30-3.30 	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 2.30-3.30 	