




May 2024

Monday 29th April		Tuesday 30th April		Wednesday 1st May		Thursday 2nd May		Friday 3rd May	
CSCS Day 1 09:30 - 16:00 	Mindful Monday 10:00 - 11:00 	CSCS Day 2 09:30 - 16:00 	Morning STAR ATR Group 10:00 - 12:00 	Hastings Blue Plaque Walk! 10:00 - 11:30 	Employability Workshop 11:00 - 12:00 	Women's Breakfast Morning 10:00 - 13:00 	Women's Breakfast 10:00 - 11:00 	Housing and Accommodation Advice 10:00 - 16:00 	
	Budget Bites 14:00 - 16:00 		Afternoon STAR 13:00 - 14:00 		Intro to Cooking 14:00 - 16:00 		Domestic Abuse Help and Advice 11:00 - 12:00		
			Art Afternoon 14:00 - 15:00 		Table Tennis 13:00 - 14:00 	Digital College 14:00 - 16:00 	Intro to Sewing and Repairs 14:00 - 15:00	CV Advice 14:00 - 15:00 	

May 2024

Monday 6th May		Tuesday 7th May		Wednesday 8th May		Thursday 9th May		Friday 10th May		
Bank Holiday Hub Closed		ATR STAR Group 10:00 - 12:00 		Table Tennis 10:00 - 11:00 	Mindful Morning 11:00 - 12:00 	Women's Breakfast Morning 10:00 - 13:00 	Women's Breakfast Club 10:00 - 11:00 	Employment and Wellbeing 10:00 - 16:00 		
		Digital College 14:00 - 16:00 	Afternoon STAR Group 13:00 - 14:00 	Intro to Cooking 14:00 - 16:00 	Accessing Services 13:00 - 14:00 			Mindful Art 11:00 - 12:00 	Employment and Wellbeing 10:00 - 16:00	Music with Meaning 13:00 - 14:00
			Art Afternoon 14:30 - 15:30 		Terrarium Making 15:00 - 16:00 	Digital College 14:00 - 16:00 	Intro to Sewing and Repairs 14:00 - 15:00	Boardgames 14:00 - 15:00 		
Monday 13th May		Tuesday 14th May		Wednesday 15th May		Thursday 16th May		Friday 17th May		
CSCS Day 1 09:30 - 16:00 	Mindful Monday 10:00 - 11:00 	CSCS Day 2 09:30 - 16:00 	Morning ATR STAR 10:00 - 12:00 	Get Active - Hub Gym Workout 10:00 - 11:00 		Women's Morning Group 10:00 - 13:00 	Women's Breakfast Club 10:00 - 11:00 	IT Skills 10:00 - 11:00 	Jaws and Claws 13:00 - 15:00 	
	Budget Bites 14:00 - 16:00 		Afternoon STAR 13:00 - 14:00 	Intro to Cooking 14:00 - 16:00 	Life Admin: Organisation and Planning 13:00 - 14:00			Jewelry Making 11:00 - 12:00 	Table Tennis 13:00 - 14:00 	
		Football in the Park 14:00 - 15:30 	Painting with Bob Ross 14:30 - 15:30 		Debt Advice 14:00 - 15:00 	CSCS Course 14:00 - 16:00 	Embroidery with Emily 14:00 - 15:00	Mental Health Café 14:00 - 15:00 		

May 2024

Monday 20th May		Tuesday 21st May		Wednesday 22nd May		Thursday 23rd May		Friday 24th May	
Mindful Monday 10:00 - 11:00 	Citizens Advice Drop-in 13:00 - 16:00	Morning ATR Group 10:00 - 12:00 	Hub Hike 10:00 - 13:00 	Free Slot		Women's Breakfast Group 10:00 - 13:00 	Women's Citizen Advice 10:00 - 12:00	Employment Workshop with Recruiter 10:00 - 15:00 	
Budget Bites 14:00 - 16:00 	Accommodation Advice 13:00 - 14:00	Afternoon STAR Group 13:00 - 14:00 				Intro to Cooking 13:00 - 15:00 	Employability Workshop 13:00 - 14:00 		Mindful Art and Practical Advice 12:00 - 13:00
	Life Admin: Organisation and Planning 14:00 - 15:00	Digital College 14:00 - 16:00 	Art Afternoon 14:30 - 15:30 		Music with Meaning 15:00 - 16:00 	CSCS Info Dropin 14:00 - 16:00 	Intro to Sewing and Repairs 14:00 - 15:00		
Monday 27th May		Tuesday 28th May		Wednesday 29th May		Thursday 30th May		Friday 31st May	
Mindful Monday 11:00 - 12:00 	CSCS Day 1 09:30 - 16:00	Morning STAR Group 10:00 - 12:00 		Managing Anxiety 10:00 - 11:00 	Debt and Budgeting Advice 11:00 - 12:00	Women's Focus Group 10:00 - 13:00 	Hub Hike! Hastings Country Park 10:00 - 15:00 	Terrarium Making 11:00 - 12:00 	
Hub Bake Off 14:00 - 16:00 		CSCS Day 2 09:30 - 16:00 	Afternoon STAR Group 13:00 - 14:00 	Intro to cooking 13:00 - 15:00 				Music with Meaning 13:00 - 14:00 	
			Art Afternoon mixed media 14:30 - 15:30 	Mental Health Café 14:00 - 15:00 		Embroidery with Emily 14:00 - 15:00		Creative Writing Workshop 14:00 - 15:00	

Hastings CFO Activity Hub TN34 1SS

Please contact your support worker to book
onto activities 01424619618

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