









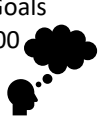







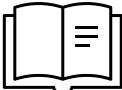









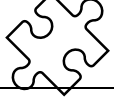












































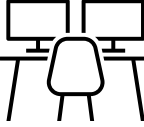









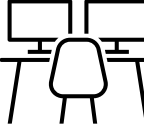























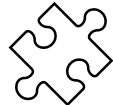
































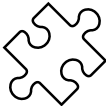








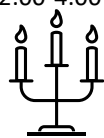





Monday 2 nd October		Tuesday 3 rd October		Wednesday 4 th October		Thursday 5 th October		Friday 6 th October	
Men's Tea and Toast (Including Mentor Me!) 9:30 – 11:00		Wellbeing Morning		Independent Living Morning		Personal Development Morning		Tea and Toast 9:30 – 10:30	
Meditation 11:00-12:00 	Personal Projects 11:00-1:00 	Expressive Writing 9:30-10:30 	SGS Wellbeing (Morning Cohort) 10:00-12:30 	Digital College 10:30 – 1:00 	Household Management 10:00-11:00 	Money Management 9:30-10:30 	Personal Projects 9:30-12:00 	National Careers Service 10:00 – 12:00 	Team Challenge 10:30-12:30 
SMART Goals 12:00-1:00 		Origami 10:30-11:30		Upcycling 10:30-12:00 	Cooking 12 – 1 	Employment Skills: Interviewing 10:30-12:30			Participant Led Session 11:00-12:00
Baking 11-1 		Women's Afternoon Cooking 12:00 – 1:00				Cooking 12:00 – 1:00		Cooking 12:00 – 1:00	
Make and Mend 1:00-3:00 	Sport 1:00-3:00 	From Anti to Pro Social Behaviour 2:00-3:00 	SGS Wellbeing (Afternoon Cohort) 1:00-3:30 	Changing Tunes 1:00-3:00 Book Club 2:00-3:00 	DWP Drop in 12 – 3:30 	Watercolour Painting 2:00-4:00 	Boules 1:00 – 3:00 	Friday Fun 1:00-3:30 	
Overcoming Setbacks 1:00- 2:00 		Digital College 1:00-4:00 	Arts and Crafts 1:00-4:00 	Wellbeing Walk 1:30- 3:00 	Hub Newsletter 1-2	1-2-1 Support Worker Session 3:30-4:30 	Jigsaw Club/ Board Games 1:00-3:00 	Digital College 1:00-4:00 	1-2-1 Support Worker Session 2:30-3:30 
Substance Support Group 2:00-3:30 	1-2-1 Support Worker Session 3:30 – 4:30 	1-2-1 Support Worker Session 3:30 – 4:30 		Substance Support Group 3:00-4:30		1-2-1 Support Worker Afternoon 1:30-4:30 			

Monday 9 th October		Tuesday 10 th October		Wednesday 11 th October		Thursday 12 th October		Friday 13 th October	
Men's Tea and Toast 9:30 – 11:00		Wellbeing Morning/ World Mental Health Day		Independent Living Morning/ National Coming Out Day		Personal Development Morning		Tea and Toast 9:30 – 10:30	
Tai Chi 11:00-12:00  Understanding and Recognising Anger 12:00-1:00	Personal Projects 11:00-1:00 	Mind Mapping 9:30-10:30  Mental Health Myths 10.30- 11.30	SGS Wellbeing (Morning Cohort) 10:00-12:30 	Digital College 10:30 – 1:00  Empire Fighting Chance 11:00-12:00	Understanding and responding to Hate 10-11 LGBT Cooking 12 – 1 	Stop and Think 9:30-10:30  Employment Skills: Job Search and Applications 10:30-12:30	Personal Projects 9:30-12:00 	National Careers Service 10:00 – 12:00 	Team Challenge 10:30-12:30  Participant Led Session 11:00-12:00
Baking 11-1 		Women's Afternoon Cooking 12:00 – 1:00		Changing Tunes 1:00-3:00 Embracing LGBT+ 1:00-3:00 		Cooking 12:00 – 1:00		Cooking 12:00 – 1:00	
Make and Mend 1:00-3:00  Taking Charge 1:00-2:00 	Sport 1:00-3:00 	Emotional Management 2:00-3:00 	SGS Wellbeing (Afternoon Cohort) 1:00-3:30 	Wellbeing Walk 1:30- 3:00 	DWP Drop in 12 – 3:30  Hub Newsletter 1-2	Clay Bowl (Making and Painting) 2:00-4:00 	Boules 1:00 – 3:00  Jigsaw Club/ Board Games 1:00-3:00 	Friday Fun 1: 00-3:30 	
Substance Support Group 2:00-3:30 	1-2-1 Support Worker Session 3:30 – 4:30 	Digital College 1:00-4:00 	Arts and Crafts 1:00-4:00 	Substance Support Group 3:00-4:30	1-2-1 Support Worker Session 3:30 – 4:30 	1-2-1 Support Worker Afternoon 1:30-4:30 		Digital College 1:00-4:00 	1-2-1 Support Worker Session 2:30-3:30 

Monday 16 th October		Tuesday 17 th October		Wednesday 18 th October		Thursday 19 th October		Friday 20 th October		
Men's Tea and Toast 9:30 – 11:00		Wellbeing Morning		Independent Living Morning		Personal Development Morning		Tea and Toast 9:30 – 10:30		
Meditation 11:00-12:00  Gratitude Journalling 12:00-1:00	Personal Projects 11:00-1:00 	Coping with Change 9:30-10:30  Coaster Decorating 10:30-11:30	SGS Wellbeing (Morning Cohort) 10:00-12:30 	Digital College 10:30 – 1:00  Upcycling 10:00-12:30 	Problem Solving 10:00-11:00	Cooking 12 – 1 	RIFT Self Employment Support 9:30-12:00 	Personal Projects 9:30-12:00 	National Careers Service 10:00 – 12:00 	Team Challenge 10:30-12:30  Participant Led Session 11:00-12:00
Baking 11-1 		Women's Afternoon Cooking 12:00 – 1:00		Cooking 12:00 – 1:00			Cooking 12:00 – 1:00		Cooking 12:00 – 1:00	
Make and Mend 1:00-3:00  Climbing Life's Mountain 1:00- 2:00	Sport 1:00-3:00 	Discussion on Health (Breast Cancer Awareness) 2:00-3:00	SGS Wellbeing (Afternoon Cohort) 1:00-3:30 	Leigh Woods! 10:00-2:00 	DWP Drop in 12 – 3:30  Hub Newsletter 1-2	RIFT Self Employment 1:00-4:00 	Boules 1:00 – 3:00  Jigsaw Club/ Board Games 1:00-3:00 	Friday Fun 1: 00-3:30 		
Substance Support Group 2:00-3:30 	1-2-1 Support Worker Session 3:30 – 4:30 	Digital College 1:00-4:00 	Arts and Crafts 1:00-4:00 	Changing Tunes 1-3 Book Club 2:00-3:00  Substance Support Group 3:00-4:30	1-2-1 Support Worker Session 3:30 – 4:30 	1-2-1 Support Worker Afternoon 1:30-4:30 	Tye Dye 2:00-4:00 	Digital College 1:00-4:00 	1-2-1 Support Worker Session 2:30-3:30 	

Monday 23 rd October		Tuesday 24 th October		Wednesday 25 th October		Thursday 26 th October		Friday 27 th October	
Manual Handling Course 9:30-12:30 		Wellbeing Morning Tai Chi 9:30-10:30  Understanding and Responding to Hate 11:00-12:00  Imitation Arts 9:30-12:00		Independent Living Morning Digital College 10:30 – 1:00  Empire Fighting Chance 11:00-12:00		Personal Development Morning Fire Marshal Course 9:30-12:30  Afternoon Cooking 1:30-2:30		Tea and Toast 9:30 – 10:30 National Careers Service 10:00 – 12:00  Team Challenge 10:30-11:30  Participant Led Session 11:00-12:00	
Afternoon Baking 1:30-3:30 Make and Mend 1:00-3:00  Improving Communication Skills 1:00-2:00		Women's Afternoon Cooking 12:00 – 1:00 Black History Month Quiz 2:00-3:00 		Newsletter 1:00 – 2:00  Changing Tunes 1:30-3:30		Jigsaw Club/ Board Games 1:00-3:00 		Friday Fun 1:00-3:30 	
Sport 1:00-3:00 		Digital College 1:00-4:00 		Arts and Crafts 1:00-4:00 		DWP Drop in 12:00 – 3:30  African Drumming! 1-3		Boules 1:00 – 3:00 	
Substance Support Group 2:00-3:30 		1-2-1 Support Worker Session 3:30 – 4:30 		1-2-1 Support Worker Session 3:30 – 4:30 		Substance Support Group 3:00-4:30 Wellbeing Walk 1:30-3:00 		1-2-1 Support Worker Session 3:30 – 4:30 	
						Hot Air Balloon Making 2:00-4:00 		Digital College 1:00-4:00 	
						1-2-1 Support Worker Afternoon 1:30-4:30 		1-2-1 Support Worker Session 2:30-3:30 	

Monday 30th October		Tuesday 31st October		Wednesday 1st November		Thursday 2nd November		Friday 3rd November	
Men's Tea and Toast 9:30 – 11:00		Wellbeing Morning/ Halloween		Independent Living Morning/ National Stress Day		Personal Development Morning		Tea and Toast 9:30 – 10:30	
Winter Wellbeing Prep 11:00-12:00  Importance of Hydration 12:00-1:00	Personal Projects 11:00-1:00 	Meditation 9:30-10:30  Morning Halloween Crafts 9:30-12:00	Pumpkin Carving 10:00-12:00 	Digital College 10:30 – 1:00  Changing Tunes 1-3	Stress Management 10:00-11:00  Cooking 12 – 1 	Scam Alert 9:30-10:30 Employment Skills: Job Search and applications 10:30-12:30	Personal Projects 09.30-12:00 	National Careers Service 10:00 – 12:00 	Team Challenge 10:30-12:30  Participant Led Session 11:00-12:00
Baking 11-1 		Spooky Women's Afternoon Cooking 12:00 – 1:00		Newsletter 1:00 – 2:00 Book Club 2:00 – 3:00 		Cooking 12:00 – 1:00		Cooking 12:00 – 1:00	
Make and Mend 1:00-3:00  Overcoming Setbacks 1:00-2:00 	Sport 1:00-3:00 	Afternoon Halloween Crafts (Including Pumpkins) 1:00-4:00 		DWP Drop in 12:00 – 3:30  Paint your stresses away 1:30-3:30	Jigsaw Club/ Board Games 1:00-3:00 	Boules 1:00 – 3:00 	Friday Fun 1:00-3:30 		
Substance Support Group 2:00-3:30 	1-2-1 Support Worker Session 3:30 – 4:30 	Digital College 1:00-4:00 	Arts and Crafts 1:00-4:00 	Substance Support Group 3:00-4:30 Wellbeing Walk 1:30-3:00 	1-2-1 Support Worker Session 3:30 – 4:30 	Candle Making 2:00-4:00 	1-2-1 Support Worker Afternoon 1:30-4:30 		
		1-2-1 Support Worker Session 3:30 – 4:30 						Digital College 1:00-4:00 	1-2-1 Support Worker Session 2:30-3:30 