

OCTOBER 2023

Monday 2nd October		Tuesday 3rd October		Wednesday 4th October		Thursday 5th October		Friday 6th October											
<i>Black History Month</i>																			
Mindful Morning 10:00 - 11:00 		CSCS Course All Day 10:00 - 16:00 		STAR Breakfast ATR CGL STAR Group 10:00 - 12:00 		Wellness Walk 10:00 - 11:00 		Writer's Wednesday Spooky short stories! 11:00 - 12:00 		Women's Focus Group 09:00 - 14:00 		Greener Futures 10:00 - 14:00 		Transform and Achieve: Debt and Housing Advice 09:30 - 12:30 					
DIY Lunch Club		Acomodation Advice 10:00 - 13:00 (dropin) 		CSCS Course All Day 1/2 10:00 - 16:00 		CSCS Course All Day 2/2 10:00 - 16:00 		Afternoon STAR Group 13:00 - 14:00 		Alcohol Support Group - Go Sober for October 13:00 - 14:00 		Black History Month Celebrating Diversity 14:00 - 15:00 		Outdoor Cooking 11:00 - 13:00 		DIY Lunch Club			
Budget Bites 14:00 - 16:00 		CSCS Course All Day 1/2 10:00 - 16:00 		CSCS Course All Day 2/2 10:00 - 16:00 		Art Afternoon Black History Month - celebrating black artists! 14:00 - 16:00 		Planning and Organisation Skills 15:00 - 16:00 		IT Skills 15:00 - 16:00 		CSCS Course 14:00 - 16:00 		Embroidery 14:00 - 15:00 		Transform and Achieve: Mental Health Focus Hope and Self-Efficacy 13:30 - 16:30 		Friday Fitness: Tennis 14:00 - 15:00 	
Fun Friday: Boardgames 15:00 - 16:00 																			
Monday 9th October		Tuesday 10th October		Wednesday 11th October		Thursday 12th October		Friday 13th October											
<i>Breast Cancer Awareness Month</i>																			
Mindful Morning 10:00 - 11:00 		Accommodation Advice Drop-in 10:00 - 13:00 		World Mental Health Day ATR CGL STAR Group 10:00 - 12:00 		RIFT: Start-up Business and Support 10:00 - 13:00 		Women's Focus Group 09:00 - 14:00 		Greener Futures 10:00 - 14:00 		Transform and Achieve: Housing and Debt Advice 09:30 - 12:30 							
DIY Lunch Club		Anxiety and Stress Awareness 13:00 - 14:00 		DWP Benefit Advice 13:00 - 16:00 		Digital College 14:00 - 16:00 		Mental Health Awareness 13:00 - 14:00 		Wellness Walk 13:00 - 15:00 		RIFT: Start-up Business and Support 13:30 - 16:30 		DWP Benefit Advice(womens's group) 09:00 - 13:00 		Sewing and Repairs 14:00 - 15:00 		DIY Lunch Club	
Hub Bake Off 14:00 - 16:00 		Department for Work & Pensions 		Department for Work & Pensions 		Digital College 		Art Afternoon Origami bats - Halloween 14:00 - 16:00 		Writer's Wednesday Hub Newsletter 15:00 - 16:00 		CSCS Course 14:00 - 16:00 		Sewing and Repairs 14:00 - 15:00 		Transform and Achieve: Employment and Life Skills 13:30 - 16:30 		Indoor Gardening 14:00 - 15:00 	
		Breast Cancer Awareness 15:00 - 16:00 																	

OCTOBER 2023

Monday 16th October		Tuesday 17th October		Wednesday 18th October		Thursday 19th October		Friday 20th October									
<i>Go Sober for October</i>																	
Mindful Morning/Meditation 10:00 - 11:00 		Mental Health Café 11:00 - 12:00 		STAR Breakfast ATR CGL STAR Group 10:00 - 12:00 		Wellness Walk 10:00 - 11:00 		Accessing Service 11:00 - 12:00 		Women's Focus Group 09:00 - 14:00 		Greener Futures: Parks Maintenance and Forestry 10:00 - 14:00 		Fry-up Friday Transform and Achieve: Housing and Debt Advice 09:30 - 12:30 			
DIY Lunch		DIY Lunch		DIY Lunch Club		DIY Lunch Club		DIY Lunch Club		DIY Lunch Club		DIY Lunch Club		DIY Lunch Club			
Building Resilience 13:00 - 14:00 		Accommodation Advice Dropin 10:00 - 13:00 		Digital College 14:00 - 16:00 		Afternoon STAR Group 13:00 - 14:00 		Alcohol Support Group 13:00 - 14:00 		Go Sober for October: Healthy Coping Mechanisms 14:00 - 15:00 		Traffic Marshalling Course 1/2 09:00 - 16:00 		Transform and Achieve: Employability and Life Skills 13:30 - 16:30 			
Budget Bites - Halloween Edition! 14:00 - 16:00 		Art Afternoon halloween bunting 14:00 - 15:00 		Spooky Terrarium Making 14:00 - 15:00 		Writer's Wednesday Hub Newsletter 15:00 - 16:00 		CSCS Course 14:00 - 16:00 		Embroidery 14:00 - 15:00 		Friday 20th October Transform and Achieve: Housing and Debt Advice 09:30 - 12:30 					
Monday 23rd October		Tuesday 24th October		Wednesday 25th October		Thursday 26th October		Friday 27th October									
<i>Go Sober for October</i>																	
Traffic Marshalling Course 09:00 - 16:00 		Mindful Monday 10:00 - 11:00 		ATR CGL STAR Group 10:00 - 12:00 		IT Skills 10:00 - 11:00 		Life Skills: Independent Living 11:00 - 12:00 		Women's Focus Group 09:00 - 14:00 		Greener Futures: Parks Maintenance and Forestry 10:00 - 14:00 		Fry-up Friday 10:00 - 11:00 		Beach Cleanup 11:00 - 12:00 	
DIY Lunch		DIY Lunch		DIY Lunch Club		DIY Lunch Club		DIY Lunch Club		DIY Lunch Club		DIY Lunch Club		DIY Lunch Club			
Traffic Marshalling Course 2/2 09:00 - 16:00 		Beach Cleanup 13:00 - 14:00 		Digital College 14:00 - 16:00 		Afternoon STAR Group 13:00 - 14:00 		Alcohol Support Group 13:00 - 14:00 		Go Sober for October: Healthy Coping Mechanisms 14:00 - 15:00 		Film Night: Adams Family 13:00 - 15:00 		Halloween Quiz! 15:00 - 16:00 			
Hub Bake Off 14:00 - 16:00 		Art Afternoon halloween masks 14:00 - 15:00 		Wellness Walk 15:00 - 16:00 		Writer's Wednesday 15:00 - 16:00 		CSCS Course 14:00 - 16:00 		Sewing and Repairs 14:00 - 15:00 		Therapy Dog Visit 15:00 - 16:00 					

OCTOBER 2023

Monday 30th October		Tuesday 31st October		Wednesday 1st November		Thursday 2nd November		Friday 3rd November	
<i>Halloween!</i>									
Meditation/Mindful Monday 10:00 - 11:00 	Accommodation Advice Drop-in 10:00 - 13:00 	ATR CGL STAR Group 10:00 - 12:00 		Wellness Walk 10:00 - 11:00 	Planning and Organisation Skills 11:00 - 12:00 	Women's Focus Group 09:00 - 14:00 	Greener Futures: Parks Maintenance and Forestry 10:00 - 14:00 	Fitness Friday 10:00 - 11:00 	Healthy Breakfast Club 11:00 - 12:00
DIY Lunch				DIY Lunch Club					
Budget Bites: Pumpkin Soup! 14:00 - 16:00 	Building Resilience 14:00 - 15:00 	Digital College 14:00 - 16:00 	Halloween Bakes! 13:00 - 14:30 	Alcohol Support Group 13:00 - 14:00 	"Movember" Men's Health in Focus 14:00 - 15:00 			Self-care: Mental Health in Focus 13:00 - 14:00 	Beach Clean-up 14:00 - 15:00
	Pumpkin Carving 15:00 - 16:00 		Art Afternoon Halloween Craft 14:00 - 15:00 	Writer's Wednesday Hub Newsletter 15:00 - 16:00 	Mental Health Café 15:00 - 16:00 			CSCS Course 14:00 - 16:00 	Embroidery 14:00 - 15:00