

HUB PROGRAMME

COMMUNITY HUB CENTRAL

YORK ROAD | HARTLEPOOL | TS26 9DE

W/C 22ND NOVEMBER 2021

DIRECT BUS ROUTE AND FREE PARKING NEARBY FOR UP TO 3 HOURS

MONDAY 22ND NOVEMBER

CHILDREN'S STORIES & RHYMES

For children under 5 years 10am - 11am & 1pm - 2pm

HUB SOCIAL

Join us for a cuppa, a chat, activities and you may even get to meet Freddie the therapy dog! From 1.30pm

BUMPS, BABIES AND BOOBS

A guide to infant feeding, bump bonding and baby bonding. NHS Nurse led from Hartlepool Maternity Services 2pm - 4pm

TUESDAY 23RD NOVEMBER

HUB BINGO

Good company and plenty of laughs. Bingo also available on Zoom! Ask us for the code and join the fun from 11am. The session lasts approximately 30 minutes.

HUB PUZZLES

Put your skills to the test at group puzzle building from 11.30am

KNIT & CRAFT

Social group for like-minded crafters from 1pm - 3pm

CHRISTMAS ARTS & CRAFTS

Festive fun for all the family. Use everyday items to make Christmas decorations, advent calendars and cards. 3.45pm - 4.45pm. Session led by Learning & Skills Team. To reserve a place call 01429 868616 or visit <https://www.hartlepoollearningandskills.com/>

WEDNESDAY 24TH NOVEMBER

DESIGN FOR 3D PRINTING 101 - AN INTRODUCTION @ FABLAB

This is an opportunity for adults to learn how to use design software to 3D print. Attendees must have basic computer literacy skills. Booking required please email community.hubs@hartlepool.gov.uk to reserve a space. Session runs from 10am - 12pm

BABY BABBLE

Songs and rhymes for under 2's 10.30am - 11.30am & 1.30pm - 2.30pm

DESIGN FOR LASER ENGRAVING 101 - AN INTRODUCTION @ FABLAB

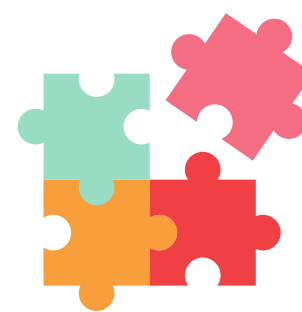
This is an opportunity for adults to learn how to use a laser engraver. Attendees must have basic computer literacy skills. Booking required please email community.hubs@hartlepool.gov.uk to reserve a space. Session from 1pm - 3pm

WORTH IT WEDNESDAY

A new social inclusion project aimed at men aged 18-35, aiming to lower the impact of social isolation on men's mental health every Wednesday 2pm - 4pm

CODE CLUB @ FABLAB

Suitable for ages 9-13 years. The coders will complete a weekly project such as making a game or programming a robot, as well as unplugged coding activities to develop their computer coding skills in a fun environment. Booking required please email community.hubs@hartlepool.gov.uk to reserve a space 3.30pm - 5.00pm



THURSDAY 25TH NOVEMBER

CARERS RIGHTS DAY

Join Hartlepool Community Hubs in partnership with Hartlepool Carers and Middleton Grange Shopping Centre for a range of activities to celebrate Carers Rights Day! For further information contact Hartlepool Carers on 01429 283095 or Hartlepool Community Hubs on 01429 272905

CHILDREN'S STORIES & RHYMES

For children under 5 years 10.00am - 11.00am & 11.30am - 12.30pm

HARTLEPOOL CARERS DROP IN

Carers can pop in for information, advice or register with the service every Thursday 10am - 1pm

WEST VIEW ADVICE & RESOURCE CENTRE

Appointments available with an advisor 10.15am - 1.15pm. To book an appointment please call 01429 271294. Drop in service available 1.45pm - 3.45pm

LET'S CONNECT DROP IN

(PREVIOUSLY KNOWN AS HARTLEPOOL MIND)

Come and speak to a member of the team from 11am - 1pm

THE BREAD AND BUTTER THING

Every Thursday. Pre-registration required. Collect from 12pm. People interested in using TBBT affordable food service need to register as members and should contact TBBT at hello@breadandbutterthing.org or text 07537 416040. For further information visit www.breadandbutterthing.org/

'GIRLS ARE LOUD'

Led by Incontrol-able. Community choir created for women aged 18-55 in Hartlepool. It's more than about singing, it's about trying something new; meeting people and perhaps an opportunity to actually 'talk' about stuff. 7pm - 9pm. For further information contact projects@incontrol-able.co.uk or call 07717282286



FRIDAY 26TH NOVEMBER

HUB SOCIAL

Join us for a cuppa, a chat and lots of activities! 11am - 12noon

DOMINO CLUB

Join your friends for a game of dominoes! 1pm - 2pm

CHAIR EXERCISES

Seated activity - moving joints and muscles to help stay strong and mobile 1.30pm - 2.15pm

UK SMART RECOVERY PROGRAMME

Are compulsive or addictive behaviours causing you problems? Join a supportive group to help aid your recovery 2pm - 3.30pm

DANCERCISE

Easy steps - movement to music fun and uplifting session 2.30pm - 3.15pm

AVAILABLE ALL WEEK

DIGITAL SUPPORT TEAM

We offer Digital Support to the elderly, isolated and vulnerable members of our Community. Our aim is to get people connected online, to socialise and learn new skills.

LIBRARY

A range of books and eBooks to borrow, download and read.

MOTOMED

Specialist stationary cycle bike to aid mobility available Monday - Friday every week contact Hartlepool Support Hub on 01429 272905 for further details.

CAFE @ THE HUB

Open Monday - Friday 10am - 2pm. A variety of food and drinks available for a small charge. Chatty café scheme offered here!

For further information visit us Monday - Friday 10am - 4pm, email community.hubs@hartlepool.gov.uk or call 01429 272905



HARTLEPOOL
COMMUNITY HUBS



HARTLEPOOL
BOROUGH COUNCIL