



HARTLEPOOL
COMMUNITY HUBS



HARTLEPOOL
BOROUGH COUNCIL

HUB PROGRAMME

COMMUNITY HUB CENTRAL

YORK ROAD | HARTLEPOOL | TS26 9DE

Week commencing
Monday 13th May

AVAILABLE EACH WEEK DAY

HARTLEPOOL SUPPORT HUB

Drop in for a chat with a Support Hub Navigator team and take the opportunity to find out what is available to you and be empowered to make the changes you want. Contact 01429 272905 / helping@hartlepool.gov.uk

MOTOMED

Specialist stationary cycle bike to aid mobility is also available within Hartlepool Support Hub Monday - Friday every week.

Contact them on 01429 272905 or email helping@hartlepool.gov.uk for further details.

HARTLEPOOL CARERS

A member of Hartlepool Carers will be available Monday - Friday between 10am - 3pm within the Support Hub. They are there to provide assistance to any carer/their families requiring information, advice, and support. Drop in and speak to them, no appointment required.

DIGITAL SUPPORT TEAM / BLUE DICE

The Digital Support Team, in partnership with Blue Dice, offer digital guidance and advice to the elderly, isolated and vulnerable members of our Community. Our aim is to get people connected online, to socialise and learn new skills to reduce social isolation. Individuals who currently do not have access to technology can also speak to the team to see if they can help. For further information please drop in to Community Hub Central, call (01429) 401786/523440 or email digitalhub@hartlepool.gov.uk

LIBRARY

A range of both fiction, non-fiction books and eBooks available to borrow, download and read. We also offer a Home Library Service and deliver books right to your doorstep! Call 01429 242909 for further details. You can also visit our website to browse and reserve books at <http://www.hartlepool.gov.uk/libraries>

JOBS & SKILLS @ THE HUB

Drop in and speak to our dedicated team about gaining new skills and qualifications, volunteering opportunities, employment support and much more! Email jobs.skills@hartlepool.gov.uk or call 01429 868616

FAB LAB

Discover a new world of technology and get creative with 3D printers, VR headsets, laser engravers & more! Contact fablab@hartlepool.gov.uk for further details.

HARTLEPOOL NOW

Visit www.hartlepoolnow.co.uk to find out about local events, information, help and support available in Hartlepool. You can now also search for jobs on this website through the new Virtual Job & Volunteering Centre platform. Organisations can register for free to advertise their services on the local Community Support Finder, add upcoming events and advertise job/volunteering vacancies. For further details please email hartlepoolnow@hartlepool.gov.uk

INTERESTED IN VOLUNTEERING?

Drop in and speak to our Community Volunteering Team, they would love to hear from you!

Volunteer to help the community, build your confidence or simply as a hobby - speak to Tracy Harvey, Community Volunteer Co-Ordinator, on 01429 806906

Volunteer with a view to gain training, work experience and paid employment opportunities please speak to Tracey Wilson, Careers & Volunteer Advisor, on 01429 284056 / 07929832141

CAFE @ THE HUB 10AM - 2PM

A variety of food and drinks available for a small charge. Chatty café scheme offered here! For further details or queries please call 01429 242909.

CHATTY CAFE 10AM - 2PM

"We believe having a chat can brighten your day!"

The Chatty Café scheme aims to get people chatting and reduce loneliness. In Café @ The Hub we offer Chatter & Natter tables which are where customers can sit if they are happy to talk to other customers. Join us any week day between 10am - 2pm (*or until 4pm but you may have to ask for a cheeky cuppa!*)

MONDAY 13TH MAY

NRASS DROP IN 9.30AM - 12NOON

A free advocacy, advice and information service for Deaf, hard of hearing and Deafblind individuals. Contact by email office@nrass.org or online www.nrass.org for further information.

MULTI-GENERATIONAL CHILDREN'S STORIES & RHYMES 10AM - 11AM & 1PM - 2PM

For children under 5 years. No booking required for this activity. Please contact the Outreach & Engagement Team on 07768 841306 / hubevents@hartlepool.gov.uk for any further details.

***ONLINE ONLY* CHAIR EXERCISES**

10.30AM - 11.15AM

Join coach Kari for a low impact session of chair exercises from the comfort of your own home, free of charge. Pre-book your space at www.alltogethernow.hartlepoolnow.co.uk. For support with getting online please contact our Digital Team on 01429 401786 / digitalhub@hartlepool.gov.uk

LAUNCH OF THE NEW READING WELL COLLECTION

10AM - 1PM

Find out what resources are available from the library service. Reading Well supports you to understand and manage your health and wellbeing using helpful reading. Reading Well books are all recommended by health experts, as well as people with lived experience of the conditions and topics covered and their relatives and carers.

SUSTRANS DROP IN 1PM - 3PM

Active Travel Charity Sustrans are delivering Active Travel Projects across all five boroughs of the Tees Valley on behalf of the Tees Valley Combined Authority. Sustrans will be delivering a number of different Active Travel Activities such as: Bike MOTs, Basic Cycle Maintenance, Travel Planning and Guided Rides and many more. Drop in and speak to the team for further details.

HUB SOCIAL 1.30PM - 3PM

Suitable for adults of all ages. Join us for a free cup of tea/coffee and a chat with friends. Various activities are also available such as dominos, crafts etc. Please contact The Outreach & Engagement Team at hubevents@hartlepool.gov.uk or call 07768841306 for further details.

LOCAL AND FAMILY HISTORY REMINISCENCE EVENT 2PM - 3PM

Come along and browse some Hartlepool Photographs and resources from the 1960's, 1970's and 1980's from the local and family history archives and share memories.

TUESDAY 14TH MAY

HARBOUR DROP IN 10AM - 11.30AM

Harbour works with families and individuals who are affected by abuse from a partner, former partner or other family member. Drop in and speak to a member of their team for some confidential advice/information. For further details please visit www.myharbour.org.uk

PARENT AND TODDLER SESSION (TERM TIME ONLY)

10AM - 11.30AM

£1.50 per child. Bring your toddler along to join in the fun! Variety of toys to play with and friends to meet. Unlock their creativity and imagination! No booking required. For further details please contact hubevents@hartlepool.gov.uk

THE BRIDGE DROP IN SESSIONS 10AM - 12NOON

If you or someone you know are concerned about memory loss, or if naturally you feel worried or anxious about a diagnosis of Dementia, help and advice is available at The Bridge. Drop in and speak to a member of the team in confidence or call The Bridge on 01429 868587.

HUB BINGO 11AM - 12.30PM

Join in the fun with good company and plenty of laughs at our Bingo and Puzzle groups. Bingo is also available to participate on Zoom from the comfort of your own home! For the Zoom Passcode or for further details please email digitalhub@hartlepool.gov.uk or call (01429) 401786/523440

KNIT & CRAFT GROUP 1PM - 3PM

Bring your own creation along and work on it together with people who share similar interests in knitting and craftwork. No booking required and refreshments are available.

WEDNESDAY 15TH MAY

MAKER CLUB @ FAB LAB 10AM -12PM & 1PM - 3PM

A community led club for budding designers and artists to experiment with 3D printing, laser cutting/engraving, vinyl cutting and more using computer design software. For further details on how to join please email fablab@hartlepool.gov.uk

HEALTH WATCH DROP IN 10AM - 12NOON

If you've recently visited your doctor, local hospital, or used any health and care services in Hartlepool, Health Watch want to hear from you. For further details please contact tony@healthwatchhartlepool.co.uk or call 0800 254 552.

LADIES SHED 10AM - 12NOON

Social group for like-minded crafters. No booking required. For further information speak to a member of staff at Community Hub Central.

DAISY CHAIN DROP IN 10AM - 12NOON

Daisy Chain provides a range of support services to autistic children and adults, either with a diagnosis or who are undergoing the diagnostic process, their parents/carers and their siblings. Drop in and speak to the team for information and guidance.

BABY BABBLE 10.30AM - 11.30AM & 1.30PM - 2.30PM

Songs and rhymes tailored for children for under 2. The Children's Library space has been refurbished and now includes Gruffalo inspired features. No booking required. Please contact The Outreach & Engagement Team at hubevents@hartlepool.gov.uk or call 07768 841306 for further details.

HOME GROUP DROP IN 10AM - 1PM

We support with tenancy related issues, arrears, repairs, as well as applying for benefits, debt management and budgeting. This service is not specific to Home group tenants. Search www.homegroup.org.uk for more information

WORTH IT WEDNESDAY 2PM - 4PM

With more young men than ever feeling the effects of mental ill-health, there's no better time to meet and talk with likeminded people, get information on existing social groups, special interest groups and even advice on creating your own. Aimed at men aged 18-35. For further information please contact helping@hartlepool.gov.uk or call 01429272905

Wednesday 15th May P2

CODE CLUB @ FABLAB 3.45PM - 5PM

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 is required, to book a space please visit www.hartlepool.gov.uk/hubevents. For further details please contact fablab@hartlepool.gov.uk

DAISY CHAIN FAMILY DROP IN 4PM - 5PM

Daisy Chain provides a range of support services to autistic children and adults, either with a diagnosis or who are undergoing the diagnostic process, their parents/carers and their siblings. Drop in and speak to the team for information and guidance.

MULTI-GENERATIONAL DEMENTIA AWARENESS EVENT 5.30PM - 6.30PM

Bringing generations together, the event will develop knowledge and understanding of dementia, but also provide valuable life skills to help and support family members or people in the community who may be living with dementia.

THURSDAY 16TH MAY

CHILDREN'S STORIES & RHYMES 10AM - 11AM

For children under 5 years. This weeks' theme will be inspired by the upcoming shows at Hartlepool Town Hall Theatre. Tickets available to purchase online. No booking required for this activity. Please contact the Outreach & Engagement Team at hubevents@hartlepool.gov.uk or call 07768 841306 for further details.

HARTLEPOOL CARERS DROP IN 10AM - 1PM

Carers can drop in for information, advice and guidance or register with the service every Thursday between 10am - 1pm. For further information please email staff@hartlepoolcarers.org.uk or call 01429 283095.

ANCHOR HOUSING DROP IN 10AM - 2PM

If you are looking for or hoping to move accommodation with independent living and additional support systems and you are 55+, pop in and have a chat or complete an application with the Anchor housing advisors. Contact by phone for further information on 01429862630 / 07977030495 or email marie.stephenson@anchor.org.uk / luisdaniel.guerra@anchor.org.uk

THE BREAD AND BUTTER THING (TBBT)

COLLECTION FROM 12 NOON

Every Thursday. If you are interested in using TBBT affordable food service, you must register as a member before you will be able to collect any food from Community Hub Central. To register please text 07860 063 304 with your full name, postcode, and the name of the hub you will be collecting from. For any further information please contact TBBT at hello@breadandbutterthing.org or visit www.breadandbutterthing.org/

CRAFTY SOCIAL 1PM - 3PM

A free weekly drop in for keen sewers to work on their projects together whilst socialising. Bring in your hand sewing supplies or we have a small amount sewing and embroidery machines for you to use. To book a space visit www.hartlepool.gov.uk/hubevents or for more information email fablab@hartlepool.gov.uk

LAUNCH OF THE NEW READING WELL COLLECTION

10AM - 1PM

Find out what resources are available from the library service. Reading Well supports you to understand and manage your health and wellbeing using helpful reading. Reading Well books are all recommended by health experts, as well as people with lived experience of the conditions and topics covered and their relatives and carers.

FOSTER CARER PROMOTION EVENT 10AM - 2PM

If you are interested in becoming a Foster Carer come along to Chat to one of the Fostering team and find out more about the Fostering opportunities regionally within the North East area.

For further details please contact the Hartlepool Fostering Team familyplacementteamadmin@hartlepool.gov.uk

QUIETER AND CALMER SPACE 2PM - 4PM

Community Hub Central will be following a calmer and quieter space every Thursday between 2pm - 4pm. No music or loud activities will take place during this time. If you are visiting the building between these times please consider the needs of others. We thank you for your understanding. For further details please contact community.hubs@hartlepool.gov.uk

PASTIMES COLLAGE WORKSHOP 3.30PM - 5PM

Join us for a heart-warming journey down memory lane at our Pastimes Collage Workshop! This dementia-friendly event, hosted in the welcoming space of the Fab Lab, invites participants to explore the past through curated images from the 1950s and 60s. Spaces are limited to book please visit www.hartlepool.gov.uk/hubevents

Thursday 16th May P3

FRIDAY 17TH MAY

HARTLEPOOL AND EAST DURHAM DIABETES GROUP

10AM - 12NOON

Drop in for advice and support around Diabetes. For further details please visit www.hartlepooldiabetesgroup.org.uk or contact Denice O'Rourke on 07818 132671 / hartlepooldiabetesgroup@gmail.com

HUB SOCIAL 11AM - 12PM

Suitable for adults of all ages. Join us for a free cup of tea/coffee and a chat with friends. Various activities are also available such as dominos, crafts etc. Please contact The Outreach & Engagement Team at hubevents@hartlepool.gov.uk or call 07768841306 for further details.

CHAIR EXERCISES 1.30PM - 2.15PM

Seated activity for all abilities. Join in the fun with Kari moving joints and muscles to help stay strong and mobile. No booking required. For further details please email helping@hartlepool.gov.uk or call 01429 272905

MEEPLES PEOPLES GAMES SESSION 1.30PM - 3.30PM

Come along to this free session and play a selection of games to improve your Maths. Everyone welcome.

SMART RECOVERY PROGRAMME 2PM - 4PM

Are compulsive or addictive behaviours causing you problems? Join a supportive group to help aid your recovery. Contact the team on substancemisuse@hartlepool.gov.uk or call 01429 285000 for further information.

DANCERCISE 2.30PM - 3.15PM

Join the fun with Kari and follow some easy steps and dance routines to various different genres of music. A very "fun and uplifting session" with plenty of laughs! No booking required. For further details please email helping@hartlepool.gov.uk or call 01429 272905.