

# ACTIVITY & SOCIAL GROUP



A free social activity group for anyone managing long term health conditions including but not limited to a Stroke, M.S or Parkinson's Disease  
Family & Friends welcome!

**Motomed**  
**Carpet Bowls**  
**Table Tennis**  
**Time to chat**  
**Free Refreshments**  
**Qualified fitness professional on hand**



**Join us every Wednesday 2.30pm - 3.30pm**  
**Community Hub South, Wynyard Road, TS25 3LQ**

**For further information call Hartlepool Support Hub**  
**on 01429 272905 or email [helping@hartlepool.gov.uk](mailto:helping@hartlepool.gov.uk)**



**SUPPORT**  
**@THE HUB**



**HARTLEPOOL**  
**COMMUNITY HUBS**

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**NOW**