

# WORTH IT WEDNESDAY

COMMUNITY HUB **CENTRAL**

YORK ROAD | HARTLEPOOL | TS26 9DE

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

**SUITABLE FOR MEN  
AGED 18 - 35**



**HARTLEPOOL  
COMMUNITY HUBS**

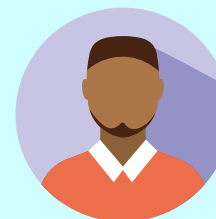
**Worth It Wednesday** is a new social inclusion project aimed at men aged 18-35, aiming to lower the impact of social isolation on men's mental health.

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!

Please feel free to come down for a cuppa and a chat, take a tour of the new community hub and try out some 3D printing, laser engraving or our new Oculus Quest 2 virtual reality headsets.

Come along and see what's going on!

**IT'S OK NOT TO BE OK**



## DROP IN

**AT COMMUNITY HUB **CENTRAL****

**EVERY WEDNESDAY  
2.00PM - 4.00PM  
CAFÉ AREA**

*(Starting on the 17th November 2021)*

We would love to hear your ideas for any future events such as: walk & talk, fishing or paddle boarding!

Call 01429 272905 or email  
[helping@hartlepool.gov.uk](mailto:helping@hartlepool.gov.uk) for  
more information and a chat

"Individually, we are one drop.

Together we are an

- Ryunosuke Satoro

OCEAN"

