

January 2024 HUB PROGRAMME

Call the office on 0208 688 1210 with any questions.

PLEASE NOTE THAT ACTIVITIES ARE SUBJECT TO CHANGE. PLEASE READ NOTICE BOARD FOR UPDATES.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8th January Drama Group Time 11am-1pm Active mind 1.15pm-2.15pm Mindfulness 2.15pm-3.45pm	9th January Men's Group Time 11-12.30pm Young People's Group Time 1-2.30pm Assessments	10th January Hub Day! 10am – 4pm Chair exercise 11am Singing 2pm	11th January Equine Therapy 9am-12.30pm Training/Meetings	12th January NO GROUPS	13th January Hub Day! 10am – 4pm
15th January Drama Group Time 11am-1pm Active mind 1.15pm-2.15pm Mindfulness 2.15pm-3.45pm	16th January Men's Group Time 11-12.30pm Young People's Group Time 1-2.30pm Assessments	17th January Hub Day! 10am – 4pm Compassionate Chat 10am Photography 2pm	18th January Equine Therapy 9am-12.30pm Training/Meetings	19th January Woman's Group 10.00-11.30am Carer's Group 11-12pm Art Group 1-3pm	20th January Hub Day! 10am – 4pm
22nd January Drama Group Time 11am-1pm Active mind 1.15pm-2.15pm Mindfulness 2.15pm-3.45pm	23rd January Men's Group (Prostate Cancer Talk) Time 11-1pm Young People's Group Time 1-2.30pm Assessments	24th January Hub Day! 10am – 4pm Chair exercise 11am Dancing 2pm	25th January Equine Therapy 9am-12.30pm Training/Meetings	26th January Woman's Group 10.00-11.30am Carer's Group 11-12pm Art Group 1-3pm	27th January Hub Day! 10am – 4pm
29th January Drama Group Time 11am-1pm Active mind 1.15pm-2.15pm Mindfulness 2.15pm-3.45pm	30th January Men's Group Time 11-12.30pm Young People's Group Time 1-2.30pm Assessments	31st January Hub Day! 10am – 4pm Compassionate Chat 10am Walking 2pm	1st February Equine Therapy 9am-12.30pm Training/Meetings	2nd February Woman's Group 10.00-11.30am Carer's Group 11-12pm Art Group 1-3pm	3rd February Hub Day! 10am – 4pm
5th February Drama Group Time 11am-1pm Active mind 1.15pm-2.15pm Mindfulness 2.15pm-3.45pm	6th February Men's Group Time 11-12.30pm Young People's Group Time 1-2.30pm Assessments	7th February Hub Day! 10am – 4pm Chair exercise 11am Singing 2pm	8th February Equine Therapy 9am-12.30pm Training/Meetings	9th February Woman's Group 10.00-11.30am Carer's Group 11-12pm Art Group 1-3pm	10th February Hub Day! 10am – 4pm