

Hub Programme

Community Hub Central

YORK ROAD, HARTLEPOOL, TS26 9DE

Please see the last page for more information



HARTLEPOOL
COMMUNITY HUBS

 **HARTLEPOOL**
BOROUGH COUNCIL

Week commencing

Monday 28th April

Monday 28th April

Tuesday 29th April

Wednesday 30th April

Thursday 1st May



Motorised Exercise Bike (Motomed)

09:30 - 16:00 This event is on weekly!

Users can train while seated in a wheelchair or from a chair. Call the team on 01429272905

For further details please call Hartlepool Support Hub on 01429 272905 or email helping@hartlepool.gov.uk.



Hartlepool Carers Drop In

10:00 - 13:00 This event is on weekly!

Carers can drop in for information, advice and guidance or register with the service.

For further details please call 01429 283095 or email at staff@hartlepoolcarers.org.uk.



Children's Stories & Rhymes

10:00 - 11:00 This event is on weekly!

For children under 5 years. Listen to a group story, sing nursery rhymes and play with instruments within Community Hub Central Children's Library. No booking required.

For further details please call Outreach and Engagement Team on 07768841306 or email hubevents@hartlepool.gov.uk.



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Learning Curve Drop In

Ready for a fresh start? Pop into the hub and meet Learning Curve Group! The staff will be available to help you gain qualifications and boost your confidence when it comes to finding work. You can sign up for their fully funded May 2025 courses in Hartlepool, with training available in Warehousing and Storage and SIA Security. Website address [www. learningcurvegroup.co.uk](http://www.learningcurvegroup.co.uk)

For further details please call Anthony Thompson on 07485 368190.



The Bread And Butter Thing (Tbtt)

12:00 - 12:30 This event is on weekly!

Collection every Thursday. If you are interested in affordable food service you must register as a member before you are able to collect any food from Community Hub Central. Register by text with your full name, postcode and name of the hub you are collecting from

For further details please call 07860063304 or email at hello@breadandbutterthing.org.



Pass On A Poem

15:30 - 16:30 This event is on the 1st Thursday of the month!

Pass on a Poem is a group for people who love to read poetry and want to share the poems they love with other readers. Each month members of the group bring along a poem to share with the group. Any published poetry is welcome, the only criteria is that it should not be the work of the person reading! We are an informal, friendly group - there is no pressure to read unless you want to, you can just come along to listen and join in the discussion afterwards over a cup of tea and biscuits!

For further details please call Denise Sparrowhawk on 01429 242909 or email CommunityHub.Central@hartlepool.gov.uk.

Friday 2nd May



Motorised Exercise Bike (Motomed)

09:30 - 16:00 This event is on weekly!

Users can train while seated in a wheelchair or from a chair. Call the team on 01429272905

For further details please call Hartlepool Support Hub on 01429 272905 or email helping@hartlepool.gov.uk.



Hartlepool And East Durham Diabetes Group

10:00 - 12:00 This event is on the 1st Friday of the month!

Drop in for advice and support around Diabetes. For further details please visit www.hartlepool.diabetesgroup.org.uk

For further details please call Denise O'Rourke on 07818 132671 or email hartlepooldiabetesgroup@gmail.com.



Hub Social

11:00 - 12:00 This event is on weekly!

Social group for adults including optional activities such as games and crafts. Tea & Coffee provided. No booking required.

For further details please call tel:07768841306 or email at hubevents@hartlepool.gov.uk.



Chair Exercise

13:30 - 14:15 This event is on weekly!

Seated exercises to Music from decades gone by! Moving joints and muscles to help improve strength and mobility which helps stay strong and mobile

For further details please call 01429 272905.



Smart Recovery Programme

14:00 - 16:00 This event is on the 1st Friday of the month!

Are compulsive or addictive behaviours causing you problems? Join a supportive group to help aid recovery.

For further details please call 01429 285000 or email at substancemisuse@hartlepool.gov.uk.



Dancercise

14:30 - 15:15 This event is on weekly!

Dance session appropriate for all ages at Central Hub! This session is all about taking part and having fun. Join in at your own pace and keep fit!

For further details please call 01429272905.

Saturday 3rd May



Saturday Storytime For Under 5's

10:30 - 11:00 This event is on weekly!

Start the day with a Story session, aimed at young children. Make new friends, everyone is welcome.

For further details please call 01429 242909 or email at communityhub.central@hartlepool.gov.uk.



Childrens Activity Hour

11:00 - 12:00 This event is on weekly!

Come along to our new free Activity hour session for a variety of crafts, giant games, board games and activities. Everyone welcome.

For further details please call 01429 242909 or email at communityhub.central@hartlepool.gov.uk.

Sunday 4th May

If you have any questions please drop in to Community Hub Central, email community.hubs@hartlepool.gov.uk or call 01429 272905 to speak to a member of the team