## **Hub Programme**

**Monday 28th April** 

Week commencing

## **Community Hub South**

WYNYARD ROAD, HARTLEPOOL, TS25 3LQ Please see the last page for more information





## **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.



#### **Hub Bingo**

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

Join in the fun with our Hub Bingo available face to face.

For further details please contact the event organisers directly.



### **Community Kitchen**

12:00 - 13:30 This event is on weekly!

Join us for a sociable 2-course lunch for only £2.00. No booking required and refreshments included.

For further details please call South Hub on 01429 272631 or email communityhub.south@hartlepool.gov.uk.



#### **Digital Support Drop In**

13:30 - 12:00 This event is on weekly!

Digital Navigators can help you with your mobile device, laptop or tablet. We can also put you in connection with technology. For more information drop in or email digitalhub@hartlepool.gov.uk

For further details please call Digital Navigators on 01429 401786 / 523440 or email digitalhub@hartlepool.gov.uk.



#### **Hub Social**

13:30 - 14:30 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 07768841306 or email at hubevents@hartlepool.gov.uk.



#### **Social Dance**

14:45 - 16:45 This event is on weekly!

Relaxed and informal Latin and sequence ballroom dancing. No experience needed. £2 per person. Refreshments included.

For further details please call South Hub on 01429 272631 or email communityhub.south@hartlepool.gov.uk.





#### **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.

# **Saturday 3rd May**



#### **Activity Hour**

10:15 - 11:15 This event is on weekly!

Come along and join in the fun. Crafts, games, Lego. For more information contact Tel:01429 272631

For further details please call Tel:01429 272631 or email at Communityhub.south@hartlepool.gov.uk.

# **Sunday 4th May**

If you have any questions please drop in to Community Hub South, email community.hubs@hartlepool.gov.uk or call 01429 272631 to speak to a member of the team