

## Hub Programme

### Community Hub South

WYNWARD ROAD, HARTLEPOOL, TS25 3LQ

Please see the last page for more information



HARTLEPOOL  
COMMUNITY HUBS



Week commencing

Monday 30th June

**Monday 30th June**

**Tuesday 1st July**

**Wednesday 2nd July**

**Thursday 3rd July**



#### Children's Soft Play

09:30 - 11:00 This event is on weekly!

Suitable for children under 5 years. No booking required.  
Free of charge

**For further details please call Community Hub South on TEL:01429 272631 or email [communityhub.south@hartlepool.gov.uk](mailto: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. This low level exercise can be a great way to get back into exercise and to build up confidence. Have an induction and then come however often you like. Call the team on 01429 272905. The MOTomed bikes are free to use but do have an eligibility criteria.

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

**For further details please call Digital Navigators on 01429 401786 / 523440 or email [digitalhub@hartlepool.gov.uk](mailto: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](mailto: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](mailto:communityhub.south@hartlepool.gov.uk).**

## Friday 4th July



## 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. This low level exercise can be a great way to get back into exercise and to build up confidence. Have an induction and then come however often you like. Call the team on 01429 272905. The MOTomed bikes are free to use but do have an eligibility criteria.

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

## Saturday 5th July



## 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](mailto:Communityhub.south@hartlepool.gov.uk).**



## **Community Cinema Manor Family Film Club**

10:30 - 12:00 This event is on the 1st Saturday of the month!

Your favourite family movies. First Saturday Of Each Month

**For further details please call Community Hub South on 01429 272631 or email [communityhub.south@hartlepool.gov.uk](mailto:communityhub.south@hartlepool.gov.uk).**

## **Sunday 6th July**

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