



ST. GEORGE'S HUB A "PLACE OF CHANGE"

**St. Marks Road, Chapel Ash, Wolverhampton
Tel No: 01902 421904**

December 2011

**Monday-Friday Open-Door 8.15am-1pm
1.30pm-4.00pm**

All sessions are free of charge and can be joined at any time.

Try something new! You can improve your life.

ALL ARE WELCOME (18+)

HOPE, UNDERSTANDING AND BELIEF

	8.15am-12.30pm	1pm-1.30pm	2pm-4.00pm
Monday	<u>ADVICE SUPPORT AND SIGNPOSTING</u> Housing Advice Support with forms Emotional Support Job Searches Vocational Advice. Art as Therapy Group.	Closed for lunch	<u>FOOTBALL AT WOLVES F.C ACADEMY DOME</u> An enjoyable afternoon where no one takes themselves too seriously. Meet at the Billy Wright Statue for 1.40pm prompt. Trainers and tracksuit bottoms needed. Asian Men's Current Affairs.
Tuesday	<u>ADVICE SUPPORT AND SIGNPOSTING</u> <u>JOB CLUB</u> Job Search Online. Expression through Music.	Closed for Lunch	<u>COMPUTER SESSION'S</u> Including image manipulation, Games creation and web design.
Wednesday	<u>ADVICE SUPPORT AND SIGNPOSTING</u> <u>COMPUTER SESSION</u> Improve your English And General I.T.	Closed for lunch	<u>SWIMMING SESSION</u> A great way to keep fit and healthy. Meet at the HUB at 1.50pm or at Wolverhampton Central Baths for 2.00pm. Just bring a Towel and Shorts or costume. Asian Men's Punjabi/Hindi Movie.
Thursday	<u>COMPUTER COURSE</u> Build or Update your own C.V and Budgeting Skills Art as Therapy Group.	Closed for lunch	<u>HUB FITNESS CLUB</u> Meet at the HUB for 1.30pm for Access to a local gym.
Friday	<u>ADVICE SUPPORT AND SIGNPOSTING</u> Housing Advice Support with Forms.	Closed for lunch	<u>FILM AFTERNOON</u> A season of films following a theme. This Month theme : Sport.

Advice and support is available throughout the Activity Sessions at the Centre.

BREAKFAST CLUB 08:15am TILL 10:30am

To access the afternoon activities please register at the HUB