



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

St. Marks Road, Chapel Ash, Wolverhampton

Tel No: 01902 421904

Autumn 2012

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	1.30pm-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 of football. Meet at the HUB for 12.30pm and don't forget your trainers. <u>ALSO ON AT THE HUB COMPUTER CLASS</u> - Build and update your C.V and Asian Men's Group.
Tuesday	<u>ADVICE SUPPORT AND SIGNPOSTING JOB CLUB</u> Housing Advice. On line job search. Creative Art Therapy.	Closed for Lunch	<u>COMPUTER CLASS</u> Including image manipulation, Games creation and web design. Budgeting skills and Create your Family tree.
Wednesday	<u>ADVICE SUPPORT AND SIGNPOSTING</u> Job Search Online. <u>COMPUTER CLASS</u> Improve your English. And General I.T.	Closed for lunch	<u>SWIMMING / STEAM ROOM</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>ADVICE SUPPORT AND SIGNPOSTING</u> Housing Advice. Art as Therapy Group.	Closed for lunch	<u>HUB FITNESS CLUB</u> Meet at the HUB for 1.45 for access to the fitness suite at Central Baths. Showers available.
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 : True Stories.

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

BREAKFAST CLUB 08:15am TILL 9:45am

To access the afternoon activities please register at the HUB