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| **Day** | **Time** | **Activity** | **Description** |
| **Monday** | **11am-12.30pm** | Self Help Abstinence support group | A support group for Stockport residents |
|  | **1pm-2pm** | Women only fitness | Women only fitness |
|  | **4.30pm-6.30pm** | Citizenship & ESOL | A place for new families that have moved into Stockport from countries like Sudan – Middle East – South Asia and Africa. To help refugees and asylum seekers to get the basic support they need to live again with dignity. And to support and guide them into building productive lives in the UK with the support if volunteers |
|  | **7pm-8pm** | Women only fitness | Women only fitness |
| **Tuesday** | **9am – 12.pm** | Allan’s Community Café | serving a hot cooked breakfast 9am-12.30pm |
|  | **4.30-6.30pm** | Us Girls Youth Club | 10-17yrs old *(Girls Only )* – coming together each week and exploring creative activities including sewing, crafting, baking, debates, discussions, multi sports, trips out and attending events |
| **Wednesday** | **5pm-7pm** | Boys group |  |
| **Thursdays** | **9am-12pm** | Coffee , Spill & Chill | A parent support/wellbeing group – a place to share your experiences – tea coffe served and a friendly chat always. |
|  | **12.30pm-1.30pm** | Tai Chi |  |
|  | **5pm-7pm** | Art Attack Youth Club | 8-12yrs old -Creative arts sessions, including screen printing, painting, clay modelling, local trips out , cooking and much more |
| **Fridays** | **9am-1pm** | Community café | Serving hot food, help with accesing food banks and local pantry and a place to come and volunteer or just come and have a brew to meet local residents. |
|  | **2pm-3pm** | Senior Social Support Group/Tea dance | Meets the 1st Friday of every month – tea, coffee, cake served to your table , live musicians and singers , Bingo , fun, laughter and most all a place to reminisce with 1940’s,1950’s1960’s songs -for the all stockport residents to unwind and relax. |

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