**If you are interested in attending or want to volunteer at any of our groups then please get in touch with Bernard on 07956027133**

**Or Nadia on 07857928833**

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| **Day**  | **Time**  | **Activity**  | **Description**  |
| **Monday**  | **11am-12.30pm**  | Self Help Abstinence support group  | A support group for Stockport residents – Refferal via Bernard  |
|  | **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 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 |
| **Tuesday** | **9am – 12.pm** | Allan’s Community Café  | serving a hot cooked breakfast 9am-12.30pm |
|  | **4.30-6.30pm** | Us Girls Youth Club  | 10-15yrs old *(Girls Only )* – coming together each week and exploring creative activities including sewing, crafting, baking, debates, discussions, multi sports, trips out and attending events  |
|  | **6pm-8pm**  | Lancashire Hill – Detached Youth Work | 12-15yr olds – to meet, greet and listen to young peoples views  |
| **Wednesday**  | **9.30am – 12.30pm**  | Adult & Toddler Group  | For parents from Lancashire Hill and Heaton Norris  |
|  | **4.30pm-6.30pm**  | Lancashire Hill – Wednesday Kids Club -  | 7-12yrs old – fun activites for children to learn and play |
|  | **4.30pm-5.30pm** | Street Dance group –  | 7 – 15 yrs old A fun dance group for children to enjoy and be part of physical activities ***(2 month trials)*** |
|  | **5.30pm-6.30pm** | Yoga – children | I7 – 15 yrs old - Introduction to basic YOGA for all age groups ***(2 month trials)*** |
| **Thursdays**  | **9am-12pm** | Coffee , Spill & Chill | A parent support/wellbeing group – a place to share your experiences – tea - coffeE served and a friendly chat always.  |
|  | **12.30pm-1.30pm**  | Tai Chi  | Adults Only -Tai chi helps reduce stress and anxiety. And it also helps increase flexibility and balance. |
|  | **5pm-7pm** | Art Attack Youth Club | 7-12yrs old -Creative arts sessions, including screen printing, painting, clay modelling, local trips out , cooking and much more  |
| **Fridays** | **11am-2pm** | 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-4pm**  | 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. |
|  |  | Menapause Group monthly meet ups/events/workshops  | A group for women to share real life experiences and support each other through the menapause journey – Contact Nadia  |