**For sessions running from Heaton Norris Community Centre \*HNCC and other locations: email** [**heatonshncc@gmail.com**](about:blank)

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| **Day** | **Time** | **Location** | **Group** | **Who can attend?** |
| Monday | 10am - 12pm | HNCC | **NEW** - Banter & Brews | Men Only |
| Monday | 1pm – 2.30pm | HNCC | ESOL and Citizenship Group | Adults new to the UK, wishing to learn English and get involved with their local community. |
| Monday | 5pm – 7pm | HNCC | Young Women’s Voices | Girls aged 11-15yrs old |
| Tuesday | 9am – 1pm | HNCC | Allan’s Breakfast Cafe | All welcome. Your weekly community hub- Serving Full English, Vegetarian and continental options |
| Tuesday | 7.45pm-8.30pm | HNCC | **NEW** = Slow Yoga | Adults |
| Wednesday | 12pm – 2pm | HNCC | **NEW** - SAATHI Women’s Group | ALL women from Stockport |
| Wednesday | 5.30pm - 7.30pm | HNCC | **NEW** - Lancy Hill Kids Drama Club | Young people aged 7 – 12yrs old **from Lancashire ONLY** |
| Wednesday | 6.30pm - 8.30pm | 422 Community Hub- Longsight | Shine SEN Social Group | Young people who identify with ‘SEND’ aged 14+ |
| Thursday | 9am - 12pm | HNCC | Coffee Chills and Spills | Wellbeing support for parents with play and activities for their children. |
| Thursday | 10.30am – 12.30pm – | St Barnabas Church, Bredbury | Feel Good Thursdays | An open group for families/adults who are feeling isolated, want to meet new people and take part in activities. |
| Thursday | 2pm-3.30pm | HNCC | Tai Chi | For all ages and abilities |
| Thursday | 5pm - 7pm | HNCC | Art Attack | A creative and arts session for 8 - 12-year-old. |
| Thursday | 5.30pm - 7.30pm | North Reddish Park | **NEW** - Reddish Young People Group | Engaging young people aged 11 - 16 in sports. activities. games. discussions and trips out |
| Friday | 11am - 2pm | HNCC | Feel Good Friday Wellbeing Hub | An open group for adults who are feeling isolated, want to meet new people and take part in activities. |
| Sunday | 9am-9.45am | HNCC | **NEW** – Vinyasa Yoga Flow | Adults |
| Monthly | Varies | Stockport | **NEW -Stockport Women & Girls Network** | A new platform to share, raise awareness, collaborate, meet new people to action and highlight the needs for Women and Girls issues in Stockport |