**Self-care Week Activities taking place at One Stockport Hub**

<https://www.stockport.gov.uk/events?Tag=Self%20Care%20Week>

**Monday 15 Nov**

**1-3pm** Keeping in Touch online – a drop in session with our digital champions helping you to keep in touch online using Facebook, Zoom, WhatsApp.  As well as keeping in touch with friends and family social media is also used increasingly to access health and wellbeing information and support**.**

**11-3pm** It’s also Alcohol Awareness Week -come and have a chat to members of staff/volunteers from Change Grow Live (CGL)for information and advice for yourself or others on the impact and effects of alcohol use.)

**Tuesday 16 November**

**11 -11.30am** Enjoy a 30 minute health walk in the town centre led by Life Leisure PARis coach. A great way to boost your activity levels for the day. Places are limited so you will need to call into the Hub to reserve your place.

**12.30 to 3pm** Come and chat to ABL Health for advice and information about support to quit smoking and/or lose weight and feel fitter, healthier and change lifestyles. ABL deliver the Tier 2 Family and Adult Weight Management and Smoking cessation programmes across Stockport.

**Wednesday 17 November**

**11am to 3pm** Throughout the pandemic Stockport’s Community Champions have come together and done their bit and looked out for their friends, family, and neighbours.  Find out how you can help us extend that community spirit through Volunteering and the Community Champion programme.

**11-3pm** It’s also Alcohol Awareness Week -come and have a chat to members of staff/volunteers from Change Grow Live (CGL)for information and advice for yourself or others on the impact and effects of alcohol use.

**Thursday 18 November**

**11am to 3pm** A showcase of local organisations that can help you connect with others in Stockport, get out and about and join in all kinds of activities that can boost your wellbeing. Come and talk to representatives from Age UK, Viaduct WBSC, WIN, TPA and Stockport Carscheme.

**Friday 19 November**

**11-3pm** It’s also Alcohol Awareness Week -come and have a chat to members of staff/volunteers from Change Grow Live (CGL)for information and advice for yourself or others on the impact and effects of alcohol use.