

<b>Day</b>	<b>Time</b>	<b>Activity</b>	<b>Description</b>
<b>Monday</b>	<b>11am-12.30pm</b>	Self Help Abstinence support group	A support group for Stockport residents – referrals only
	<b>4.30pm-6.30pm</b>	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 of volunteers
<b>Tuesday</b>	<b>9am – 12.pm</b>	Allan's Community Café	Serving a hot cooked breakfast 9am-12.30pm
	<b>4.30-6.30pm</b>	Us Girls Youth Club	11-15yrs old ( <i>Girls Only</i> ) – coming together each week and exploring creative activities including sewing, crafting, baking, debates, discussions, multi sports, trips out and attending events
	<b>6pm-8pm</b>	Lancashire Hill – Detached Youth Work	12-15yr olds – to meet, greet and listen to young peoples views
<b>Wednesday</b>	<b>9.30am-12.30pm</b>	Lancashire Hill & Heaton Norris Adult and Toddler group	A new group for local parent sots bring their baby and toddlers to meet, have fun, learn, be creative and a healthy lunch provided
	<b>4.30pm-6.30pm</b>	Lancashire Hill – Wednesday Kids Club -	7-12yrs old – fun activities for children to learn and play
	<b>4.30pm-5.30pm</b>	Street Dance group – 7 – 15 yrs old	A fun dance group for children to enjoy and be part of physical activities ( <b><i>2 month trials</i></b> )
	<b>5.30pm-6.30pm</b>	Yoga – children	7-15yrs old Introduction to basic YOGA for all age groups ( <b><i>2-month trials</i></b> )
<b>Thursdays</b>	<b>9am-12pm</b>	Coffee , Spill & Chill	A parental support/wellbeing group – a place to share your experiences – tea coffee served and a friendly chat always.
	<b>12.30pm-1.30pm</b>	Tai Chi	Gentle exercise for all adults
	<b>5pm-7pm</b>	Art Attack Youth Club	7-12yrs old -Creative arts sessions, including screen printing, painting, clay modelling, local trips out, cooking and much more
<b>Fridays</b>	<b>11am-2pm</b>	Community café	Serving hot food, help with accessing food banks and local pantry and a place to come and volunteer or just come and have a brew to meet local residents.
	<b>2pm-3pm</b>	Senior Social Support Group/Tea dance	Meets the 1 <sup>st</sup> 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.
	<b>Monthly meets up and online support</b>	Menopause Group	A group for women to share real life experiences and support each other through the menopause journey