

Hub Timetable

	Monday 4 th	Tuesday 5 th	Wednesday 6 th	Thursday 7 th	Friday 8 th
AM	Mindfulness 10-11	Job Club and Welfare Advice Clinic 10-2	Hot desking 10-12	DBL Stitching Group 10-12 Weight loss 1-1 10-12	Friendly Fridays 10-12
PM	Coffee & Chat 1-3	Knit & Natter 2.30-4	Diabetes support group 1-3	Weight Loss support group 1-3	Coffee Morning 1-3
	Monday 11 th	Tuesday 12 th	Wednesday 13 th	Thursday 14 th	Friday 15 th
AM	Mindfulness 10-11 Dad's House 10-12	Job Club and Welfare Advice Clinic 10-2	Hot desking 10-12	DBL Stitching Group 10-12 Weight Loss 1-1 10-12	Friendly Fridays 10-12
PM	Coffee & Chat 1-3	Knit & Natter 2.30-4	Diabetes support group 1-3	Weight Loss support group 1-3	Coffee Morning 1-3
	Monday 18 th	Tuesday 19 th	Wednesday 20 th	Thursday 21 st	Friday 22 nd
AM	Mindfulness 10-11	Job Club and Welfare Advice Clinic 10-2	Hot desking 10-12	DBL Stitching Group 10-12 Weight loss 1-1 10-12	Friendly Fridays 10-12
PM	Coffee Afternoon 1-3	Knit & Natter 2.30-4	Diabetes support group 1-3	Weight Loss support group 1-3	Coffee Morning 1-3
	Monday 25 th	Tuesday 26 th	Wednesday 27 th	Thursday 28 th	Friday 29 th
AM	Dad's House 10-12 Coffee Morning 1-3	Job Club and Welfare Advice Clinic 10-2	Hot desking 10-12	DBL Stitching Group 10-12 Weight Loss 1-1s 10-12	Friendly Fridays 10-12
PM	Coffee Afternoon 1-3	Knit & Natter 2.30-4	Diabetes support group 1-3	Weight Loss support group 1-3	Coffee Morning 1-3