

MONDAYS

U3A Table Tennis (10.30-11.30am) U3A membership required: membership@haleu3a.co.uk
Renew Wellbeing (11am-3pm) a safe place where it's OK to NOT be OK. Where you can find a listening ear, give time to your own mental & emotional wellbeing, or simply just find some quiet time. Drop in. Contact Nicola for more info renew@ourhub.org or 07894 728888
Irish Dancing (4.15-5.15pm beginners, 5-7pm intermediate) For ALL Irish dancing enquiries please contact Grace on 07500 556959
Alty Voices Community Choir (8-9.30pm at our Hale Rd building) contact Rose on info@ilikesinging.com

TUESDAYS

English as a Second Language (10-12.30pm) Practise speaking, listening, reading & writing. (Places are subject to assessment and availability) For more details see the English Language flyer or look at our website page.
Little Stars (10-12pm every **every Tuesday**, term time) A new group for babies & toddlers with additional needs, alongside their guardians. FREE
Contact racheldowney@altrinchambaptist.org for more info and to register.
Art Class (1.30-3.30pm) No experience necessary- all welcome. Speak to the Hub office for more details. ****CURRENTLY FULL please add your name to waiting list via office****
The Bread & Butter Things (2.30pm pick up) Save on grocery costs and reduce food going to landfill. Must register to order bags. See +the TBBT flyer or our website for more details.
Junior Chess (6-7pm, 7-8pm classes for young/older children) Contact Olga 07905 933966 or admin@giftedandtalented.org.uk
Little Belters (4.15-5.15pm, 5.15-6.15pm) children's choir. Contact Tina on 07740 464507 or see www.littlebelters.co.uk
Stretch & Tone plus Callanetics (7-8pm) whole body workout. £7 per class. Contact Elaine on 07765 760146

WEDNESDAYS

Toddler Group (10am-12pm, term time) Play, crafts, sing and refreshments 0-3yrs. Please contact the Hub office for registration details.
Healthy Hips & Hearts (11am-12.30pm) Chair based, gentle exercise class. Contact the Hub office for class availability.
Citizens Advice Navigators (9.30am-12.30pm, 1-3.30pm) Drop in support, advice and signposting. No appointment required.
Digital Cafe (10am-12pm) Support navigating the internet, online forms and practical guidance with digital technology. Free tea & coffee. Drop in, no appointment needed.
Creation Station (11.30am-12.30pm) Baby & toddler arts class. Contact Lucy on lucyporter@thecreationstation.co.uk
U3A Bridge (1.30-3.30pm) U3A membership required: membership@haleu3a.co.uk
1st Wednesday (2.30-4pm) FIRST Wednesday of the month) gathering for seniors with refreshments and a varied programme of guest speakers, activities and church services
Contact Liz on 0161 428 9977
Community Meal (6pm each week) FREE hot meal for anyone in the community. Contact the Hub office to book a seat.

THURSDAYS

Toddler Group (10am-12pm, term time) Play, crafts, sing and refreshments 0-3yrs. Please contact the Hub office for registration details.

Little Groovers (9.30am and 10.30am classes) Pre-school music & rhythm class. Contact liz@little-groovers.co.uk

Knit & Natter (2-4pm) Knit, chat, meet new people. All abilities welcome. Contact the Hub office

Renew Wellbeing (3-5pm) a safe place where it's OK to NOT be OK. Where you can find a listening ear, give time to your own mental & emotional wellbeing, or simply just find some quiet time. Drop in. Contact Nicola for more info renew@ourhub.org or 07894 728888

Eleanor Grace Dance (5-6.15pm) Children's dance. Contact eleanorgracedance@outlook.com or call Eleanor 07584 121665

Absolute Belters (8-9pm) Women's choir. Contact Claire on absolutebelters@littlebelters.co.uk

FRIDAYS

Journaling (10-11.30am) Runs once a fortnight- contact the Hub office for more details and dates.

Free Food Friday (10-11am) Drop in for access to free food items for those needing a little help.

Healthy Hips & Hearts (1.30-3pm) Chair based, gentle exercise class. Contact the Hub office for class availability.

Aspect Acting Drama Class (4-7pm) Kids' drama class. Contact Andy on 07813 089 487 or aspectacting@gmail.com

SATURDAYS

Child Contact Centre (9.30am-12.30pm) Currently running fortnightly providing support for separated families. Referral required- please contact accwa14@altrinchambaptist.org to make an enquiry.

Eleanor Grace Dance (9-11am) Children's dance. Contact eleanorgracedance@outlook.com or call Eleanor 07584 121665

School for Gifted & Talented (10am-12pm) Russian language school. Contact Olga on 07905 933966 or admin@giftedandtalented.org.uk

Room Hire available (1pm- 10pm) Rooms available to hire for social events. Please contact the Hub office for prices and further details.

SUNDAYS

Sunday Services (10.30am each Sunday) Services are held in person at our Hale Road building alongside online access. Children's provision also runs during term time. All welcome

Breakfast Club (10.30am-12pm, term time) Altrincham Baptist Church's faith based breakfast club for school years 7-9. Runs alongside the church service.

Inclusion (10.30am-12.30pm THIRD Sunday of the month) An 'open door' for those exploring faith or church. Conversation over brunch. Contact Andrew Hawksworth at the church office for more details info@altrinchambaptist.org or call 0161 941 3052

Room Hire available (1pm- 10pm) Rooms available to hire for social events. Please contact the Hub office for prices and further details.

Altrincham Baptist Church

The Hub is part of Altrincham Baptist Church and is a way to work alongside, support & share our heart for our community. **Sunday services** are held at 10.30am at our Hale Road building, alongside access online, and the '**Still Space**' here at the Hub is always available for prayer and reflection.

For more details on church activities church see our website: **www.altrinchambaptist.org** or contact the church office on **0161 941 3052** or email **info@altrinchambaptist.org**



Altrincham Community Response Hub

The Altrincham Community Response Hub was born out of the pandemic, and continues to work to support the local community as part of Trafford's Community Hub network. Through food bank vouchers, wellbeing calls, buddy walking, signposting and the administration of financial aid funds, Rachel and our volunteer team can offer practical, financial and wellbeing support. Contact us on **hopefood@altrinchambaptist.org** or through the Hub office **0161 941 2018**. More info available on the 'Support at the Hub' flyer

Altrincham CAP Debt Centre

CAP (Christians Against Poverty) is an award winning, national debt counselling charity providing free, practical hands-on support and hope to those struggling with debt.

Our debt centre manager, Peter Rossiter, covers the Altrincham & Partington area alongside Partington debt coach Hazel Dyble. If you would like to know more about the support available see **www.capuk.org** or contact Peter on **07894 728884** or **peterrossiter@capuk.org**

Room Hire

Our rooms are available to hire - be it for a community group, after schools activity, or smaller meeting.

We have a number of community spaces hosting up to 100 people, equipped with sound and visual equipment, plus smaller meeting rooms and an IT space. Contact the Hub office for details- **0161 941 2018**

Volunteering

We couldn't do what we do here at the Hub without our AMAZING volunteer team. From the Cafe to the reception desk, Buddy Walking to the Bread & Butter Thing scheme, we have plenty of opportunities to support our wider community. To find out more contact **volunteer@ourhub.org**