

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**

TUESDAYS

English as a Second Language (10-12.30pm) Practise speaking, listening, reading & writing. (Places are subject to assessment and availability) For more details email englishclass@ourhub.org
Little Stars (10.30-12pm every Tuesday, term time) A new group for babies & toddlers with additional needs, alongside their guardians. FREE
Contact childrenandfamilies@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****
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.
Create After School Club (4pm-5.30pm term time) Free. School years 3-6. Contact Rachel on childrenandfamilies@altrinchambaptist.org
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.
U3A Bridge (1.30-3.30pm) U3A membership required: membership@haleu3a.co.uk
Chat & Craft (1-3pm, 2nd & 4th Weds) FREE but limited spaces. Contact Nicola renew@ourhub.org
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

Pop Pop Korean (11-1pm) Korean language class. Contact mimi@poppopkorean.com

U3A French (11.30am-1pm) U3A membership required: membership@haleu3a.co.uk

Knit & Natter (1.30-3.30pm) Knit, chat, meet new people. All abilities welcome.

Kettlebells Health & Cardio (7.30-8.15pm) Full body workout- beginners welcome. Weights provided. Contact Bex on **07742 906741**

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

FRIDAYS

A Heart to Listen (formally journalling) (10-11.30am) Runs once a fortnight- a safe space to share our own story & own it. Contact Isabelle on 07737 465853 or the Hub office for more details & dates.

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

Renew Wellbeing (10.30am-12.30pm) a safe place where it's OK to NOT be OK, where you can 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**

Watercolour with Georgia (10-12pm) Block of 5 lesson, introducing watercolour and mixed media. £65. Contact Georgia georgiandchris@btinternet.com or text **07913 420939**

Move it with Bec (9.30-10.15am) Mummy & preschooler fun HIIT workout. For more info contact Bec on moveitwithbec@gmail.com (starting April 25th)

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.

School for Gifted & Talented (10am-12.30pm) Russian language school. Contact Olga on **07905 933966** or admin@giftedandtalented.org.uk

Room Hire available 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 & youth provision also runs during term time. All welcome

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

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