



JUBILEE hub

WEEKLY ACTIVITIES WINTER 2023

Join us each week for our free drop-in activities at the Jubilee Hub. Tea & coffee provided.
Everyone welcome!

**OPEN
TO ALL
COMMUNITY
FRIDGE
MON-FRI**

| | MORNING (10am–12pm) | AFTERNOON (2pm–4pm) |
|------------------|--|--|
| MONDAY | MEET UP MONDAY INCLUDING PUSHCHAIR PITSTOP Drop in for tea, coffee & chat. Swap children's toys & clothes with other parents. | SINGING FOR THE SOUL Our afternoon sing-along group. No experience needed. We sing for the fun of it! |
| TUESDAY | STAY SAFE, STAY WELL Advice for people. Crime prevention, scam awareness, hints & tips. Winter warmth support including coat exchange. | SUPPORT GROUPS A variety of support groups for specific health conditions. Diabetes prevention. Parkinson Café (2nd Tuesday of the month). |
| WEDNESDAY | COMMUNITY GROUPS Monthly support groups hosted by local charities. Support for Sight. Fibromyalgia Café. | BUILDING BUDDIES Men's Shed Project. Model making & kit building & plenty of cups of tea! |
| THURSDAY | WELLBEING HUB INCLUDING MY WEIGHT MATTERS Help & support with living a healthier life. | WARM WELCOME HUB Free light lunch served from 12pm with friends & chat. Tea and coffee from 2pm. Café Clare drop in (St Clares Hospice). |
| FRIDAY | DIGITAL BUDDIES Support with using Information Technology & Apps. | JUBILEE HUB ARTIST HOUR Try your hand at art & crafts, with support from our instructor. |

UCAN VOLUNTEER CENTRE

Find out more about volunteering in Uttlesford district by popping inside and speaking to one of our team.



The UCAN Volunteer Centre is open every weekday between 10am and 2pm. We also have a display of all the latest volunteering opportunities in the district.

JUBILEE hub

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www.ucan.org.uk/Jubilee-hub

A PARTNERSHIP BETWEEN



