

Stockport Connect Hub Activity Timetable

The service is open every day from 11am to 4pm for one-to-one support only.

All activities need to be booked in advance – call the team on [0161 429 9744](tel:01614299744) or email stockportconnecthub@makingspace.co.uk.

You can also drop in and chat with the team in the social lounge between 12 midday and 2pm each day.

SEPTEMBER – OCTOBER 2025

MONDAY 29 SEPTEMBER	TUESDAY 30 SEPTEMBER	WEDNESDAY 1 OCTOBER	THURSDAY 2 OCTOBER	FRIDAY 3 OCTOBER
<u>Anxiety Management Workshop</u> 11.00am - 12.30pm	Relaxation Session (1 of 6) 11.30am - 12.30pm	Women's Creative Mindspace 11am – 12.30pm	Games and Chat in the Lounge 11am – 2.30pm	Expression for Depression 1 11am – 12pm (term time only)
Art Group 11.30am - 2.30pm			Gardening Group 11am - 1.30pm	The 6 Week Project – Autumn Crafts (1 of 6) 11am – 12.30pm
Tai Chi Style Exercise (1 of 6) 1.30pm - 2.30pm	Walk on the Mild Side 1.30pm - 2.30pm	Allotment Session (Off Site) 1.30pm - 3.30pm	Singing Group 1.30pm - 2.30pm	Expression for Depression 2 1pm – 2pm (term time only)
Tea at 3 3pm - 4pm		Horizons Social Group 7pm - 9.30pm		Walk on the Mild Side 1.30pm - 2.30pm



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MONDAY 6 OCTOBER	TUESDAY 7 OCTOBER	WEDNESDAY 8 OCTOBER	THURSDAY 9 OCTOBER	FRIDAY 10 OCTOBER
	Relaxation Session (2 of 6) 11.30am - 12.30pm	Women's Creative Mindspace 11am – 12.30pm	Wellbeing & Recovery Workshop Session 1 10.30am - 11.30am	Expression for Depression 1 11am – 12pm (term time only)
Art Group 11.30am - 2.30pm			Games and Chat in the Lounge 11am – 2.30pm	The 6 Week Project – Autumn Crafts (2 of 6) 11am – 12.30pm
Tai Chi Style Exercise (2 of 6) 1.30pm - 2.30pm	Walk on the Mild Side 1.30pm - 2.30pm	Allotment Session (Off Site) 1.30pm - 3.30pm	Gardening Group 11am - 1.30pm	Expression for Depression 2 1pm – 2pm (term time only)
Tea at 3 3pm - 4pm		Horizons Social Group 7pm - 9.30pm	Singing Group 1.30pm - 2.30pm	Walk on the Mild Side 1.30pm - 2.30pm

SEPTEMBER – OCTOBER 2025

MONDAY 13 OCTOBER	TUESDAY 14 OCTOBER	WEDNESDAY 15 OCTOBER	THURSDAY 16 OCTOBER	FRIDAY 17 OCTOBER
	Relaxation Session (3 of 6) 11.30am - 12.30pm	Women's Creative Mindspace 11am – 12.30pm	Wellbeing & Recovery Workshop Session 2 10.30am - 11.30am	Expression for Depression 1 11am – 12pm (term time only)
Art Group 11.30am - 2.30pm			Games and Chat in the Lounge 11am – 2.30pm	The 6 Week Project – Autumn Crafts (3 of 6) 11am – 12.30pm
Tai Chi Style Exercise (3 of 6) 1.30pm - 2.30pm	Walk on the Mild Side 1.30pm - 2.30pm	Allotment Session (Off Site) 1.30pm - 3.30pm	Gardening Group 11am - 1.30pm	Expression for Depression 2 1pm – 2pm (term time only)
Tea at 3 3pm - 4pm		Horizons Social Group 7pm - 9.30pm	Singing Group 1.30pm - 2.30pm	Walk on the Mild Side 1.30pm - 2.30pm

SEPTEMBER – OCTOBER 2025

MONDAY 20 OCTOBER	TUESDAY 21 OCTOBER	WEDNESDAY 22 OCTOBER	THURSDAY 23 OCTOBER	FRIDAY 24 OCTOBER
	Relaxation Session (4 of 6) 11.30am - 12.30pm	Women's Creative MindSPACE 11am – 12.30pm	Wellbeing & Recovery Workshop Session 3 10.30am - 11.30am	Expression for Depression 1 11am – 12pm (term time only)
Art Group 11.30am - 2.30pm			Games and Chat in the Lounge 11am – 2.30pm	The 6 Week Project – Autumn Crafts (4 of 6) 11am – 12.30pm
Tai Chi Style Exercise (4 of 6) 1.30pm - 2.30pm	Walk on the Mild Side 1.30pm - 2.30pm	Allotment Session (Off Site) 1.30pm - 3.30pm	Gardening Group 11am - 1.30pm	Expression for Depression 2 1pm – 2pm (term time only)
Tea at 3 3pm - 4pm		Horizons Social Group 7pm - 9.30pm	Singing Group 1.30pm - 2.30pm	Walk on the Mild Side 1.30pm - 2.30pm

SEPTEMBER – OCTOBER 2025

MONDAY 27 OCTOBER	TUESDAY 28 OCTOBER	WEDNESDAY 29 OCTOBER	THURSDAY 30 OCTOBER	FRIDAY 31 OCTOBER
<u>Anxiety Management Workshop</u> *TBC 11am – 12.30pm	Relaxation Session (5 of 6) 11.30am - 12.30pm	Women's Creative Mindspace 11am – 12.30pm	Wellbeing & Recovery Workshop Session 4 10.30am - 11.30am	Expression for Depression 1 11am – 12pm (term time only)
Art Group 11.30am - 2.30pm			Games and Chat in the Lounge 11am – 2.30pm	The 6 Week Project – Autumn Crafts (5 of 6) 11am – 12.30pm
Tai Chi Style Exercise (5 of 6) 1.30pm - 2.30pm	Walk on the Mild Side 1.30pm - 2.30pm	Allotment Session (Off Site) 1.30pm - 3.30pm *Last Session*	Gardening Group 11am - 1.30pm	Expression for Depression 2 1pm – 2pm (term time only)
Tea at 3 3pm - 4pm		Horizons Social Group 7pm - 9.30pm	Singing Group 1.30pm - 2.30pm	Walk on the Mild Side 1.30pm - 2.30pm