



# What's on at The Shed?

6 Acton Square, Salford, M5 4NY

September-December 2024

## **Mondays**

**10:00 -14:00**

Dignifi & counselling sessions

**10:00 -12:00**

Wellbeing activity groups

**13:00 - 15:00**

Money support sessions

## **Tuesdays**

***Counselling sessions by appointment all day***

**09:00 - 11:00**

Culture Club

**10:00 - 14:00**

POP's family support

**12:00 - 15:00**

Cooking club

**13:00 - 15:00**

Achieve Job Club

**13:00 - 16:00**

Citizens Advice

## **Wednesdays**

***DWP benefits sessions all day***

**10:00 - 11:00**

Book Club/Creative Writing

**11:00 - 13:00**

Art Therapy

**12:00 - 14:00**

PC/IT workshops

## **Thursdays**

**10:00 - 12:00**

Ingeus housing support

**12:00 - 16:00**

Counselling sessions

## **Fridays**

**10:00 - 12:00**

Mens health sessions (talks/checks)

SEN room available all day

**Probation appointments welcome and available everyday**

*To take part in any of the activities above,  
please speak to your Probation Worker or Shed Project Co-ordinator*

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## MONDAYS

Local history research group	10:00AM - 12:00PM
Darts and dominoes	1:00PM - 2:00PM
Short courses session	2:00PM - 4:00PM

## TUESDAYS

POP's family support drop in	10:00AM - 12:00PM
Independent living skills session	10:00AM - 12:00PM
Bike maintenance skills	1:00PM - 3:00PM
Achieve Job Club	1:00PM - 3:00PM

## WEDNESDAYS

 Monthly trips

RHS Gardening Project	10:00AM - 12:00PM
Cooking Sessions	1:00PM - 3:00PM

## THURSDAYS

Ingeus housing support drop in	10:00AM - 12:00PM
Mental health drop in & mindfulness	10:00AM - 12:00PM
Art club	1:00PM - 3:00PM

## FRIDAYS

Breakfast club	9:00AM - 10:00AM
Mens health sessions (talks/checks)	10:00AM - 12:00PM
Healthy relationships group	2:00PM - 4:00PM

**To take part in any of the activities above,  
please speak to your probation worker**



**The Wellbeing Service**  
Helping people on probation

# Local launch open day

6 Acton Square, Salford, M5 4NY



**JOIN US FOR A SHOWCASE  
OF OUR SERVICES AT THE  
WELLBEING HUB**

**≡ Welcome ≡**

**THURSDAY 14TH MARCH  
10 AM-2 PM**

**PLEASE CONFIRM YOUR ATTENDANCE WITH  
[FRANCESCA.MOSS@SALFORDFOUNDATION.ORG.UK](mailto:FRANCESCA.MOSS@SALFORDFOUNDATION.ORG.UK)**



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# What's on at the Hub

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## **MEN'S HEALTH CLINIC**

*Let's talk*

At the Wellbeing Hub, 6 Acton Square.  
*Refreshments available*