



What's on at The Shed?

6 Acton Square, Salford, M5 4NY

targetedadults@salfordfoundation.org.uk

Mondays

10:00 - 14:00

RHS Gardening Project/Bike maintenance
Dignifi - Trauma Informed Support

Tuesdays

Counselling sessions by appointment all day

10:00 - 11:00

Money Management

10:00 - 14:00

History Club

10:00 - 14:00

POP's Family Support

13:00 - 15:00

Citizens Advice

13:00 - 16:00

Achieve Job Club

Wednesdays

11:00 - 3:30

DWP Support Sessions

10:00 - 11:00

Book Club/Creative Writing

11:00 - 13:00

Art Therapy

12:00 - 14:00

Cooking sessions

Thursdays

10:00 - 12:00

Ingeus housing support

10:00 - 16:00

Probation Co-location

13:00 - 15:00

Counselling sessions

Fridays

10:00 - 12:00

Breakfast Club

10:00 - 12:00

Mens health sessions (talks/checks)

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**



The Wellbeing Service
Helping people on probation

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

To join the clinic,
please speak to your
Probation Officer.