BRIGHTON & HOVE HUB COMMUNITY TIMETABLE

For more information or to book contact **0800 019 1310** or **email info@ageukwsbh.org.uk**

MONDAY

Carers Clinic with The Carers Centre

Every 2 months on the last Monday.

12.00-3.00pm at The Brighton Hub

Booking required

TUESDAY

Housing Clinic with Brighton & Hove Council Seniors Housing

1st Tuesday of the month

10.00am-3pm at The Brighton Hub

Booking Required

Dementia Daybreak

Respite group for those living with Dementia. Includes stimulating activities, refreshments anda 2-course meal.

10.00am-3.00pm at Towerhouse.
Booking Required

WEDNESDAY

Calm Hour

A quieter hour to support our neurodiverse customers or those that prefer a calmer environment

From 9.30-10.30am at The Brighton Hub

THURSDAY

Community Coffee Morning

Enjoy a hot drink and biscuits in a welcoming space.

Every Thursday at The Brighton Hub 10-11am

FRIDAY

Reitrement Ready Workshop with The Job centre

2nd Friday of the month

10.30-12.00 at The Brighton Hub

Booking Required

Water Clinic with Southern Water

Every 2 months on the 3rd Friday

1.00-4.00pm at The Brighton Hub

Brighton & Hove Hub
95 Queens Road,
Ground Floor, BN1 3XE

Digital Drop in support at The Brighton & Hove Hub: Everyday - Please check with reception for times