

## What is Hub Club?

Hub Club is a welcoming place. It is your club and we want you to feel relaxed and comfortable, surrounded by good company.

We aim to organise activities that mean something to you. So, we might support you to do something you already enjoy or give you the opportunity to try something new. You will also get chance to talk about things you have experienced or that you are passionate about.

Throughout the day, we try to include a variety of activities, such as traditional board games, basic construction projects, drawing and painting, crafts, table tennis, poetry and music, exploring the atlas and local history, and so much more! We also aim to have regular guests, such as artists and entertainers.

We try to have a mix of active times and then quieter times in the day. Your comfort is important to us, so plenty of refreshments will be provided throughout.

Our trained group facilitators and friendly volunteers will ensure you feel supported and valued during your time with us.

### Timings:

Hub Club runs every Tuesday from 10am-3pm.

### Price:

It costs £45 per day.

### Food and drink:

You will need to bring a packed lunch with you. Drinks and light refreshments will be provided.





**For further information,  
please call the  
Dementia Forward Helpline**

**03300 578592 or visit  
[www.dementiaforward.org.uk](http://www.dementiaforward.org.uk)**



## **Gargrave Hub Club**

**Neville Crescent Common Room  
Neville Crescent  
Gargrave  
Skipton  
BD23 3RH**