



**HAPPY Hub**  
One Stop Wellness Shop

**Basildon**

Eastgate Shopping Centre, SS14 1AE  
(next to Asda)

**01268 520 785**

## Monday

11am - 1pm  
**\*Carers First**

*\*1st Monday of month.*

## Tuesday

10.00am - 12.30pm  
**\*Epileptic Support Group**

*\*2nd Tuesday of month*

## Wednesday

11am-3pm  
**\*Community Exchange**  
BBWCVS, Barnardos,  
Red Cross, Care 4 Calis

12 - 1pm  
**Wellness Workshop**  
Different theme each session.

1pm  
**Cup of Kindness**  
Therapeutic Group Workshop



## Thursday

10am - 1pm  
**Aromatherapy Hand Massage**  
Let Chrissy help you relax

11am  
**Seated Yoga**  
followed @ noon  
by **Meditation**

12.30pm  
**Walk 4 Wellness**  
Meet at the Hub  
before we set of to  
Gloucester Park

3.30pm - 5.00pm  
**Well Kids: Basildon**  
supporting young  
minds (4-11)

## Friday

10am - Noon  
**MEN'd: Bikes**  
Men's mental health  
space to build & fix  
bikes for the  
community.

**Did you know?**  
We operate a  
foodbank to support  
local people in need.

2pm-4pm  
**Health Networking**  
Join us to learn, network &  
partner to make our community a  
healthier place to live, learn &  
work.  
*\*1st Friday of month.*

5pm - 7pm  
**Adult Social Night**  
Everybody welcome  
for pool, darts, music  
and dinner.

## Saturday

**Did you know?**  
We have various  
volunteering  
opportunities available  
across the borough.

11am  
**Cup of Kindness**  
Therapeutic Group  
Workshop

1.30 - 3pm  
**Wellness Workshop**  
Different theme each  
session.

**Did you know?**  
We have monthly  
personal challenges?



HAPPY Hub is part of Motivated-Minds trading under Wellbeing 4 Life CIC

Company Number 9423090

Registered Address: Eastgate Shopping Centre, Basildon Essex SS14 1AE

VAT No.: 337 789447

# Wellness across the Borough

Pop in and meet our team, no booking required.

Check out our  
special events



**TUE**

## Pitsea

10.00am - 11.30am

### Walk 4 Wellness

Meet at Northlands Park Cafe.

All ages and abilities welcome.

10.00am - 12pm

### MEND'd: Fishing Group

Meet at Northlands Park Cafe

- Weekly Summer Season & Fair Weather Winter -

Call 07859 273 007 to check

Spare rods available.

12.00pm - 2pm

### Wellness Weekly Pop In

Come and join us for a cuppa, meet new people, access services to support your and your family's health & wellbeing.

@ The Place, Pitsea

After the success of HAPPY Hub: Basildon, we want replicate our work in areas across the borough, bringing our wellness services closer to you.

**WED**

## Billericay

10am - 12pm

### Wellness Weekly Pop In

Come and join us for a cuppa, meet new people, access services to support your and your family's health & wellbeing.

@ Human Kind Cafe - Reading Rooms

12pm - 1pm

### EmpowerME: Reads

Self-help book club to support wellness.

Recommended reads and discussions.

@ Human Kind Cafe - Reading Rooms

Weekly Wellness Drop ins are for all to enjoy a cuppa, meet new people, access different services, and improve your health.

Bringing health, housing, community groups, financial support, education, employment services together to serve you, and your family.

**FRI**

## Wickford

Our Wellness Weekly pop-ups are thanks to our partnerships with:

Central Basildon PCN

East Basildon PCN

Wickford PCN

Billericay PCN

(PCN = Primary Care Network (Dr Surgeries))

12pm - 2pm

### Wellness Weekly Pop In

Come and join us for a cuppa. Talk health and help you find what you need.

Term Time @ Poppies Cafe,

Downtowner Youth Centre

We also offer one to one service, supporting your wellbeing in each area. Just call **07859 323636** to book your appointment, or to find out any more information.

6pm - 8pm

### Well Youth: Wickford

supporting young minds (11+) through sport, therapeutic & social activities

£6.00  
Contribution