



A member's led charity bringing creativity and purpose to lives of adults with enduring mental health conditions and/or learning disabilities.

Supporting individuals both long and short term



MEMBER'S INFORMATION

Hi there...

Meet the team:

Emma - Service Manager



Jonny, Activities Coordinator - Also known as 'Hut Man'



Tom - Governance & Funding Officer



Hugh- Caretaker



The Hut would never be the place it is today without the selfless efforts of its volunteers. They give up their time freely to come and create smiles and memories for every single one of our members



What is The Hut?

The Hut is a special place where you can come have fun, make new friends, feel safe and learn new skills.



Come and see us Monday – Friday 10am – 4pm, where you will be greeted by lots of smiles.



Everyone is welcome!



Monday

Ian's Monday Movement and Motivation (11 – 12)

Start your week off in style, and get motivated with the fantastic Monday Movement exercise group! Run by Ian, he'll get your heart rate and spirits up, and those muscles loosened to face the week ahead. You can work as hard as you like whatever fits for you. It's all about having fun and motivating yourself and each other.



Art Workshop with Jonny (13:15 – 15:15)

Come and explore the world of art with our Activities Coordinator Jonny. You will delve into the works of different artists, learn art techniques and be inspired to create your own original pieces.



Jonny creates a relaxed motivational space to learn and create. It is all about expressing yourself, finding your own style, relax and have fun with art. In this workshop there truly is no right or wrong just ART!



Tuesday

My Journey (10:15 – 11:30)



A supported open discussion-based group to develop social skills. This is part of The ASPIRE Programme and there is a booklet explaining more about what happens in these sessions, if you would like to find out more we have a booklet on this too.

Men's Lunch Club (11:45 – 12:45)

This is a group specifically set up for the male members of The Hut. It was recognised by, of all people, our service manager Emma and if you hadn't guessed is female there was no space specifically for men in York, so we decided to create one.



You can come along and join us for some light lunch, there's no agenda, no expectations, and no fee. It's a time where you can talk about any concerns you might have or just have a chat and a laugh with some blokes, who have created a welcoming space of safety and understanding.

Craft Workshop (13:15 – 15:15)

Tuesday afternoons is all about crafts. This workshop is one of our most popular groups so if you're intending to attend get here early. Every week there is a choice of different crafts put together by our very talented volunteer Kathleen, Moira and Jonny Activities Coordinator.



The craft workshop specialises in creating a fun environment where you can learn new skills and techniques you can take away and use at home. More importantly the space is filled with lots of laughter and smiles!

The last Tuesday of the month is your opportunity to mix crafts and food with some of our ingenious non baking recipes. All the ingredients are provided and you'll take home some delicious goodies, sweet and savory!



Wednesday

Fun Day All Day!

It's all about GAMES, GAMES, GAMES and FUN, FUN, FUN!!!! Wednesday is solely put aside for laughter, smiles, and socialising.



Our volunteers on a Wednesday

You can come in the morning and partake in many of our board games (Kerplunk is a favourite). Or try your hand at dominoes we've got a few experts here to teach you all the tricks! The main goal however is not competition but interaction, getting together with friends and having FUN!!



We have a beautiful area outside, so whenever the weather is good enough the merriment heads outside!



In the afternoon it's your chance to win some prizes! Our Volunteer Max has devised many ingenious games and challenges for your enjoyment. The day finally rounds off with BINGO need I say more!

Thursday

Pot Luck Morning (10 – 12)

Thursday mornings anything can happen! You've got to come down to see! We've had music performances, quizzes, quick crafts, mindfulness colouring in, games. Whatever it is its always full of friends and jollification.



Hut Scribes (13:15 – 14:15)

Welcome to the fun World of creative writing; this group is NOT about spelling, punctuation, grammar sentence structure, it's all about exploring your imagination with words creating beautiful stories and poems.



Thursday Craft Workshop featuring Tina's Textiles (13:15 – 15:15)



More crafts for you to enjoy. However, on Thursdays we always have a textiles option so you can come and learn some new sewing skills.



But don't worry if sewing is not your thing then there's plenty of other crafts to get stuck in with. As always lots of fun and laughter to be had!



Friday

Classical Friday Chill Out Morning (10 – 12)

It's the end of the week and time to relax kick back and get ready for the weekend. Come and listen to soothing classical music socialise with friends you can even join in a crossword (we are very cultured here!)



Friday Morning Quick Craft (11 – 12)

It says exactly what it says on the tin. Every Friday morning, we specifically put on a fun craft that can be completed in an hour. Something simple effective and always a laugh.



Chilled Crafts (13:15 – 15:15)

Finish off the week by joining us for a social afternoon and relaxing crafts. No stress no fuss just great company, conversation and creativity.



And There's More...

More you say, there can't be, well there is. Over the years we have put on many events and will continue to do so. We have had music performances, themed weeks including science week and our yearly super hero week! (celebrate all you heroes of The Hut)



We hold specialist workshops; these activities don't happen every week, but we are very lucky to have many talented friends of The Hut ready to pass on their skills. Including African drumming, mono printing, photography, creative writing with professional authors.



Come on give us a try...

Your first session will be free and for you to see what you think...

We do charge for session; we will explain this the costs to you.

You will have some paperwork to complete – a membership form

You can come as much or as little as you want.

If you have any question please ask.



The Hut York Limited
Wigginton Road - opposite the hospital car park
York
YO31 8NF
Tel: 01904 652991
E-mail: info@thehutyork.co.uk
www.thehutyork.co.uk

Follow us on

