



November 2025-January 2026

# Yor Community Wellbeing Hub

Supporting  
Mental Health,  
Together

## Yor Community Wellbeing Hub

### @ Acomb Garth is Open!

We opened our doors to the public for the first time on 13th October 2025, and we're excited to **welcome you!**

The Hub is currently operating on a phased opening, with plans to become a 24/7 support space in the future.

### Who is the Hub for?

Whether you're looking after your own mental health and wellbeing or supporting someone else, we're here for you.

### What you'll find at the Hub

- A safe space to drop in for a chat, a cuppa, and a break
- Groups and activities to help manage your wellbeing and connect with others
- Practical support for everyday challenges
- Calm spaces to relax, including a garden and a library-style area

Our hubs are welcoming spaces offering practical help, emotional support, and opportunities to connect. Access a range of support in a way that works best for you.

### Opening Hours

Mon: 9am – 5pm

Tue: 9am – 5pm (appointments only)

Wed: 8am – 8pm

Thu: 8am – 8pm (appointments only)

Fri: 8am – 8pm

Sat: 9am – 5pm

Sun: Closed

### Find Us:

Acomb Garth  
Oak Rise  
Acomb  
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Supporting mental health, together



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Wellbeing Hub



## UPCOMING EVENTS & EXCITING ANNOUNCEMENTS

### Art of Protest

**Yor Community Wellbeing Hub @ Acomb Garth**

We are transforming the outside space at Acomb Garth.

We held a Community Co-Production Day on Wednesday, 12th November. Everyone was welcome to help create art. The design is based on community feedback: calming, nature-themed, cheerful colours and soft shapes. Installation will happen in early December, with planters and a celebration event to follow.



### Festive Conversation Cafe

**Wednesday 10<sup>th</sup> December 10am-12:30pm**

**Yor Community Wellbeing Hub @ 30 Clarence Street**

Our Conversation Cafés are welcoming, relaxed spaces where we come together to share ideas and feedback about improving the hubs. Every voice matters, but if you'd prefer just to listen, that's absolutely fine too.

#### **Festive extras:**

- Sandwiches and refreshments provided
- Plenty of mince pies (and maybe a cracker or two!)
- Feel free to wear a festive jumper if you'd like – no pressure!



### Wessex Archaeology Community Cafe

**Friday 19<sup>th</sup> December 10:30am-12:00pm**

**Yor Community Wellbeing Hub @ 30 Clarence Street**

There will be a 15 minute talk from experts then chance to ask questions and socialise over tea, coffee and cake from the Yor Community Wellbeing Hub Cafe.

Arrival from 10:30am with the talk starting at 11am.



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