

January 2023

Louth Wellbeing Hub

Events Calendar



January awareness dates
 16th January "Blue Monday"
 23rd Cervical Cancer Prevention Week

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Bank Holiday	3 9am-11 Banter Breakfast 10.30am – 12.30 Warm Space 1pm-3 North Somercotes Walk 7pm-9 Bro Pro	4 10am-12 Trinity Peer Support Craft Group 10am 12 AgeUK Lindsey IT Support Group 11am-12.30 Friendship Walk 4pm – 8pm Night Light Café	5 9.30am-11.30 Safe Place Café (Support Drop In) 09.30 – 11.30 Platform Housing Information Drop In 5.30pm – 9.30 Horncastle Night Light	6	7
8	9 7pm-8.30 LGBTQ+	10 9.30am-11.30 Safe Place Café (1 to 1's Support Bookable) 9.30am – 12.30 Warm Space 1pm-3 North Somercotes Walk 7pm-9 Bro Pro	11 10am-12 Trinity Peer Support Craft Group 10am – 12 AgeUK Lindsey IT Support Group 11am-12.30 Friendship Walk 4pm – 8pm Night Light Café	12 9.30am-11.30 Safe Place Café (Support Drop In) 5.30pm – 9.30 Horncastle Night Light 6.30pm-10.30 Night Light Café	13	14
15	16 7pm-8.30 LGBTQ+	17 9.30am-11.30 Safe Place Café (1 to 1's Support Bookable) 9.30am – 12.30 Warm Space 09.30 – 11.30 Platform Housing Information Drop In 1pm-3 North Somercotes Walk 7pm-9 Bro Pro	18 10am-12 Trinity Peer Support CraftGroup 10am – 12 AgeUK Lindsey IT Support Group 11am-12.30 Friendship Walk 4pm – 8pm Night Light Café	19 9.30am-11.30 Safe Place Café (Support Drop In) 5.30pm – 9.30 Horncastle Night Light 6.30pm-10.30 Night Light Café	20	21

22	23	24	25	26	27	28
	7pm-8.30 LGBTQ+	<p>9.30am-11.30 Safe Place Café (1 to 1's Support Bookable)</p> <p>9.30am – 12.30 Warm Space</p> <p>1pm-3 North Somercotes Walk</p> <p>7pm-9 Bro Pro</p>	<p>10am-12 Trinity Peer Support Craft Group</p> <p>10am – 12 AgeUK Lindsey IT Support Group</p> <p>11am-12.30 Friendship Walk</p> <p>4pm – 8pm Night Light Café</p>	<p>9.30am-11.30 Safe Place Café (Support Drop In)</p> <p>5.30pm – 9.30 Horncastle Night Light</p> <p>6.30pm-10.30 Night Light Café</p>		
29	30	31				
	7pm-8.30 LGBTQ+	<p>9.30am-11.30 Safe Place Café (1 to 1's Support Bookable)</p> <p>1pm-3 North Somercotes Walk</p> <p>7pm-9 Bro Pro</p>				