

Kirkham Wellbeing Hub – at Kirkham Methodist Church

A place to connect, share and find support.

The **Kirkham Wellbeing Hub with Take and Make** is a friendly and welcoming community space where local people can come along for a cuppa, a chat, practical support and the opportunity to meet others. We also arrange local agencies in to help those needing more than a cuppa.

Everyone is welcome.

You don't need to be experiencing a crisis to come along. Sometimes we simply need somewhere to go, someone to talk to, or a little practical help. The Wellbeing Hub is here to help people feel connected, supported and part of their local community.

When are we open?

Thursdays | 12.30pm – 3.00pm

Free Food Table From 1.30 pm

One of the key features of the Kirkham Wellbeing Hub is our **free food table**.

Working with local supermarkets and making use of good-quality surplus food, we are able to make food available to local people who might find it useful.

The food is **free** and is available to anyone who would benefit from it.

There is no judgement and no need to explain why you would like to take something.

Food should not go to waste when people in our community could use it.

Our food table is one small but practical way of sharing what we have and supporting one another.

More than food

The Wellbeing Hub isn't simply a place to collect food.

It is a place to **connect**.

Come along for a drink and a conversation, meet other people, find out what's happening locally and discover what support is available.

The Hub can help you to:

- Meet people and make new connections
- Enjoy a free drink and a chat
- Access free surplus food
- Find information about local services and support
- Get signposted to organisations that may be able to help
- Talk through practical or personal concerns
- Find out about activities and opportunities in the local community
- Build friendships and reduce loneliness and isolation

You don't need to know exactly what help you need. **Come along and have a conversation.**

Working together across the community

The Kirkham Wellbeing Hub is part of a wider network of community support and works alongside **Wesley's in St Annes**, helping to strengthen connections between local people, churches, community organisations and support services.

By working together, we can share resources, ideas and opportunities and help people find the support that is right for them.

The aim is simple: **to make sure people don't have to face difficult times alone.**

Building resilience

The Wellbeing Hub is part of a community approach to building resilience.

We believe that supporting people isn't just about responding when someone reaches crisis point. It is also about creating strong communities where people know one another, share what they have and know where to turn when life becomes difficult.

Sometimes resilience starts with something very simple:

a friendly face, a cup of tea, a conversation or a bag of food.

From those small acts of kindness, relationships grow and communities become stronger.

Everyone is welcome

You don't need to be a church member to come along.

You don't need to be religious.

You don't need to have a particular problem.

You can simply come for a cuppa, see what's available on the food table, meet people and find out more about what is happening in the community.

Come and see us

Together we can build a kinder, more connected and resilient community.