



## MAKING THE MOST OF YOURSELF

The Life House is a community building offering a range of services. This is our schedule of activities which are available throughout the building and are open to all Sunderland residents!

The views of all of the people who use our services are important to us and there are various ways you can be involved, get in touch if you are interested.

New groups and services are developed regularly with the involvement of service users, and new groups depend on the issues people need support with e.g. eating issues, coping with anxiety and self harm support.



A wellbeing directory of local services and wellbeing information.

Don't forget to check out the 'Things to do' section of the site for information on what's on in your area.

For more information about [www.wellbeinginfo.org](http://www.wellbeinginfo.org) contact [admin@wellbeinginfo.org](mailto:admin@wellbeinginfo.org) or call us on: 0191 417 8043



# The Life House Activity Schedule December 2018

During the holiday period please contact the facilitator of the group you wish to attend prior to attending to check that the session is running.

The Life House, Grasmere Terrace, Columbia, Washington,  
Sunderland NE38 7LP

Call : 0191 417 8043 Fax : 0191 415 1593

Text: 07507330995 (texts are only read and responded to during office hours)

Email : [info@washingtonmind.org.uk](mailto:info@washingtonmind.org.uk)

Web : [www.washingtonmind.org.uk](http://www.washingtonmind.org.uk)

## Monday

Session	How to book a place	Time
<b>Tiny Toes Toddlers</b>	Suitable for ages 0-5 years. Under 8month free, £3.50 1st child, £2.50 each additional child	9:30-11:30
<b>Chatter and Natter Table</b>	When you are deciding where to sit in our cafe, look for the Chatter & Natter table and sit there! Stay for five minutes while you have your drink or longer. It's not about making friends, just having good old fashioned human interaction! Last session of 2018 will be Monday 17th December 2018. First session of 2019 will be Monday 7th January 2019	12:00-14:00
<b>Washington History Society</b>	Collect and preserve photographs, documents and memorabilia 1st Monday of month. Call Washington History Society on: 07837629556.	13:30-15:30
<b>High Intensity Fitness Class and Clubbercise</b>	Two fitness classes running back to back. High Intensity costs £2.50 per session and runs 17:15-18:15 and clubbercise costs £4 per session and runs 18:15-19:00 or attend both classes for £6. Contact: 07969 024184 for more info.	17:15-19:00

## Tuesday

Session	How to book a place	Time
<b>1st Washington Brownies</b>	Visit: facebook.com/1stwashingtonbrownies/ for more information	18:00-19:30
<b>Washington Station WI</b>	call Jan on: 0191 4165573  Provides women with educational opportunities, activities, campaigns and the chance to gain new skills. There is a meeting every 3rd Tuesday of the month.	18:45-21:00
<b>Fat Quarters</b>	call Marjorie on: 0191 4193570  A patchwork and quilting group who share experience and techniques. Attendees must have their own equipment and a level of experience	19:00-21:00

## Wednesday

Session	How to book a place	Time
<b>Guided Meditation</b>	Sessions are free to attend and there's no need to book a place. Last session of 2018 will be Wednesday 19th December 2018. First session of 2019 will be Wednesday 9th January 2019	11:00-12:00
<b>Iyengar Yoga</b>	For all levels of ability please note that there is a £4 charge but no need to book. For more info please contact: yoginortheast@gmail.com	18:30-19:30

## Thursday

Session	How to book a place	Time
<b>Tiny Toes Toddlers</b>	Suitable for ages 0-5 years. Under 8month free, £3.50 1st child, £2.50 each additional child	9:30-11:30 & 13:00-15:00
<b>Slimming World</b>	For further details contact Lynne on: 07960750886	19:30-21:00

## Friday

Session	How to book a place	Time
<b>Slimming World</b>	For further details contact Lynne on: 07960750886	9:00 & 11:30
<b>Walking Group</b>	Biddick Art Centre	10:00-11:00

## Saturday

Session	How to book a place	Time
<b>Slimming World</b>	For further details contact Lynne on: 07960750886	8:30
<b>Slimming World</b>	For further details contact Lynne on: 07960750886	10:30

## Activities and Events

**Washington Mind's Festive Themed Annual General Meeting** - Wednesday 12th December 2018 1pm-3pm; Washington Mind is celebrating 37 years in our community in and we're inviting you to come and celebrate with us. Please contact us via the details on the back of this schedule if you would like to come along.

**Washington Mind's Service User Christmas Party** - Friday 28th December 2018 1pm-3pm; You are invited to our FREE annual Christmas party here at The Life House. There'll be something for everyone to be doing, so you can pop along even if it's just to say hello! If you would like to come along please contact us via the details on the back of this schedule so that we are aware of how many people will be attending for catering purposes.

**Please visit:** [wellbeinginfo.org/things-to-do/](http://wellbeinginfo.org/things-to-do/) for information about what events are taking place in your local area!