

Before you can access any of the above services please contact
Washington Mind on 0191 4178043

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 contact admin@wellbeinginfo.org or call us on: 0191 417 8043

 mind | Washington
for better mental health

Seeing people - not problems ...



 mind
for better mental health

Washington

Washington Mind Activity Schedule December 2018

Please note that Washington Mind will close on Friday 21st December 2018 at 3pm for the Christmas holidays and we will reopen on Friday 4th January 2019 at 9am for business as usual.

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

Web : www.washingtonmind.org.uk



Monday

Session	Venue	Time
Step By Step	The Life House, Grasmere Terrace, Columbia, Washington	12:30-2:30
Individual appointments	Various locations	As arranged

Tuesday

Session	Venue	Time
Pet Therapy Please note that you must be able to make your own way to Bryson's	Bryson's Animal Shelter, Galloping Green Road, Gateshead, NE97XZ	10:30 - 13:00
Man Space	The Life House, Grasmere Terrace, Columbia, Washington	13:30-15:30
Craft Connection	The Life House, Grasmere Terrace, Columbia, Washington	13:00-15:00
Individual appointments	Various locations	As arranged

Wednesday

Session	Venue	Time
Creative Minds	The Life House, Grasmere Terrace, Columbia, Washington	10:00-12:00
Open Mind	The Life House, Grasmere Terrace, Columbia, Washington	12:00-14:00
Anxiety Management (Peer Lead)	The Life House, Grasmere Terrace, Columbia, Washington	14:00-16:00
Individual appointments	Various locations	As arranged

Thursday

Session	Venue	Time
Stepping Stones Craft	The Life House, Grasmere Terrace, Columbia, Washington	10:00-12:00
Healthy Eating Lunch Club	The Life House, Grasmere Terrace, Columbia, Washington, NE387LP	11:30—13:00
Creative Session	Hetton Centre, Hetton-le-Hole	13:00—16:00
Individual appointments	Various locations	As arranged

Friday

Session	Venue	Time
Bruch Club	The Life House, Grasmere Terrace, Columbia, Washington	11:00-13:00
Knit & Natter	The Life House, Grasmere Terrace, Columbia, Washington	11:00-13:00
Individual appointments	Various locations	As arranged

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/ for information about what events are taking place in your local area!