

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

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for better mental health

Seeing people - not problems ...



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Washington

Washington Mind  
Activity Schedule  
March 2019

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	Venue	Time
<b>Step By Step Jewellery Making Course</b>	The Life House, Grasmere Terrace, Columbia, Washington	10:00-12:00
<b>Reel Therapy</b> Fourth Monday of every month	The Life House, Grasmere Terrace, Columbia, Washington	13:00-15:30

## Tuesday

Session	Venue	Time
<b>Pet Therapy</b> 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
<b>Weight off your Mind</b> Please call to book your place. Healthy lunch is £2.50	The Life House, Grasmere Terrace, Columbia, Washington	11:30-13:00
<b>Man Space</b>	The Life House, Grasmere Terrace, Columbia, Washington	13:30-15:30
<b>Craft Connection</b>	The Life House, Grasmere Terrace, Columbia, Washington	13:00-15:00

## Wednesday

Session	Venue	Time
<b>Creative Minds</b>	The Life House, Grasmere Terrace, Columbia, Washington	10:00-12:00
<b>Open Mind</b>	The Life House, Grasmere Terrace, Columbia, Washington	12:00-14:00
<b>Anxiety Management</b> (Peer Lead)	The Life House, Grasmere Terrace, Columbia, Washington	14:00-16:00

## Thursday

Session	Venue	Time
<b>Stepping Stones Craft</b>	The Life House, Grasmere Terrace, Columbia, Washington	10:00-12:00
<b>Lunch Club</b> £3.50 for lunch	The Life House, Grasmere Terrace, Columbia, Washington, NE387LP	11:30-13:00
<b>Creative Session</b>	The Hetton Centre, Hetton-Le-Hole	13:00-16:00
<b>Underground Neighbourhood</b> for 11-13 year olds	Free group with pizzas and snacks to help improve mental health and wellbeing. On 7th and 21st March. The Life House, Grasmere Terrace, Columbia, Washington, NE387LP	16:30-18:30
<b>Underground Neighbourhood</b> For 14-16 year olds	Free group with pizzas and snacks to help improve mental health and wellbeing. On 14th and 28th March. The Life House, Grasmere Terrace, Columbia, Washington, NE387LP	16:30-18:30
<b>Underground Neighbourhood</b> For over 16s	Weekly peer support sessions for people aged 16+ to help improve mental health and wellbeing. The Life House, Grasmere Terrace, Columbia, Washington, NE387LP	16:30-18:30pm

## Friday

Session	Venue	Time
<b>Book Club</b> First Friday of every month	The Life House, Grasmere Terrace, Columbia, Washington	10:00-11:00
<b>Brunch Club</b> £1.50 for brunch	The Life House, Grasmere Terrace, Columbia, Washington	11:00-13:00
<b>Knit &amp; Natter</b>	The Life House, Grasmere Terrace, Columbia, Washington	11:00-13:00

## Activities and Events

**Underground Neighbourhood** groups for young people starting on 7th March 2019. See above timetables for more details.

**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!