



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.



[wellbeinginfo.org](http://www.wellbeinginfo.org)

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



The Life House Activity Schedule May 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

Web : www.washingtonmind.org.uk

Monday

Session	How to book a place	Time
Tiny Toes Toddlers	Suitable for ages 0-5 years. Under 8month free, £3.50 1st child, £2.50 each additional child	9:30-11:30
Chatter and Natter Table	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!	12:00-14:00
Washington History Society	Collect and preserve photographs, documents and memorabilia 1st Monday of month. Call Washington History Society on: 07837629556.	13:30-15:30
High Intensity Fitness Class and Clubbercise	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
Fat Quarters	call Marjorie on: 0191 4193570	13:00-15:00
A patchwork and quilting group who share experience and techniques. Attendees must have their own equipment and a level of experience		
1st Washington Brownies	Visit: facebook.com/1stwashingtonbrownies/ for more information	18:00-19:30
Washington Station WI	call Jan on: 0191 4165573	18:45-21:00
Provides women with educational opportunities, activities, campaigns and the chance to gain new skills. There is a meeting every 3rd Tuesday of the month.		

Wednesday

Session	How to book a place	Time
Iyengar Yoga	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
Tiny Toes Toddlers	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
People's Pantry North East	The People's Pantry rescues unused food from local supermarkets. You can bring your own bag and fill it with food you'll use and make a donation and you can ask for some recipe ideas while you're here	11:00-12:30
Slimming World	For further details contact Lynne on: 07960750886	19:30-21:00

Friday

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

Saturday

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

Activities and Events

LGBTQI Support Group for young people aged 13+ on Thursday from 5pm-7pm with refreshments provided. See our Washington Mind schedule for more details/

Underground Neighbourhood groups for young people aged 11+ on Thursdays from 4:30pm-6:30pm. See our Washington Mind schedule for more details.

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