



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

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 March 2020

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
Reays of Sunshine Under 5's Stay and Play	Preschool play/support group for children and their caregivers. Every Monday in term times. Children under 1yr: £2. Children over 1: £3. Siblings: £1.	9:30-11:30
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 and Clubbercise	High Intensity-£2.50 per session and runs 17:15-18:15 and clubbercise-£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
Keep Moving CIC Exercise programme aimed at people wishing to help people prevent and manage chronic health conditions. £3.50 per session	Contact Paul on: 07533852510	10:30-11:20
Fat Quarters A patchwork and quilting group who share experience and techniques. Attendees must have their own equipment and a level of experience	call Marjorie on: 0191 4193570	13:00-15:00
1st Washington	Visit: facebook.com/1stwashingtonbrownies/	18:00-19:30
Washington Station WI Women's educational opportunities, activities, campaigns and the chance to gain new skills. Meeting every 3rd Tuesday of the month.	call Jan on: 0191 4165573	18:45-21:00

Wednesday

Session	How to book a place	Time
Baby Sensory	Different sessions for different ages, please get in touch to find out which is right for you and your baby on: 07793868181 or: chester-le-street@babysensory.co.uk	10:00-11:00 11:30-12:30 14:30-15:30
Iyengar Yoga	For all levels of ability. 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
Active Forever	A standing or seated exercise class aimed at over 50s. £3.50 per session includes a lunch and refreshments. No need to book. For more info contact: activefamiliesne@gmail.com or 07946269005	12:30-14:15
High Intensity Fitness and Clubbercise	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.	17:30-19:15

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

- **Friday 6th March 2020, International Women's Day Croissants, Cuppas and Pre-loved clothing**—Join us from 11am-1pm for a celebration of International Women's Day, which this year is taking place on Sunday 8th March 2020. Pay £1.50 admission and enjoy a cuppa and a croissant. Browse our pre-loved clothing selection and grab yourself a bargain.
 - **Please note** in extreme weather conditions services may be affected, please contact the above contact details to check your session is going ahead during this time.
 - **Please visit:** [wellbeinginfo.org/things-to-do/](https://www.wellbeinginfo.org/things-to-do/) for information about what events are taking place in your local area!