

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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for better mental health

Washington

Washington Mind  
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](mailto:info@washingtonmind.org.uk)

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



## Monday

| Session             | Venue  | Time        |
|---------------------|--|-------------|
| <b>Step By Step</b> | The Life House, Grasmere Terrace, Columbia, Washington | 11:00-13:00 |

## Tuesday

| Session  | Venue  | Time          |
|--|--|---------------|
| <b>Pet Therapy</b><br>Please note that you must be able to make your own way to Bryson's | Bryson's Animal Shelter, Galloping Green Road, Gateshead, NE97XZ | 11:00 - 13:00 |
| <b>Walking Group</b>   | Walk starting and ending at The Life House                       | 11:00-12:00   |
| <b>Craft Connection</b>  | The Life House, Grasmere Terrace, Columbia, Washington           | 13:00-15:00   |
| <b>Man Space</b>   | The Life House   | 13:30-15:30   |
| <b>LGBTQI Youth Group</b><br>For young people aged 13+                                   | The Life House   | 17:00-19:00   |

## 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   | 12:00-14:00 |
| <b>Broadway</b>                                      | Broadway Youth and Community Centre, Cortina Ave, Sunderland, SR48LP | 13:00-14:30 |
| <b>Craft, Cuppa and Chat</b>                         |  |             |
| <b>Reel Therapy</b><br>Last Wednesday of every month | The Life House   | 13:00-15:30 |
| <b>Anxiety Management</b><br>(Peer Lead)             | The Life House   | 14:00-16:00 |

## Thursday

| Session                       | Venue   | Time        |
|-------------------------------|---|-------------|
| <b>Stepping Stones Crafts</b> | The Life House, Grasmere Terrace, Columbia, Washington, NE387LP | 10:00-12:00 |
| <b>Lunch Club</b>             | The Life House  | 12:00-13:00 |
| <b>Creative Session</b>       | The Hetton Centre, Hetton-Le-Hole                               | 13:00-14:30 |

## Friday

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

## 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.
  - In extreme weather conditions services may be affected, please contact the appropriate venue you attend to see if your session is going ahead.
- 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!