

# Weekly Activities

## Monday

### Wellbeing Walking Group

10:30am – 12:30pm

Jenae.shaw@sunderlandmind.co.uk

### Loss & Bereavement Support Group

11am – 12:30pm

Erin@sunderlandmind.co.uk

## Tuesday

### Men's Wellbeing Group

10:30am – 11:30am

paul.booth@sunderlandmind.co.uk

### A Place to Grow Gardening Drop-in

11am - 3pm

victoria.austin@sunderlandmind.co.uk

### Women's Wellbeing Group

1pm – 3pm

Jenae.shaw@sunderlandmind.co.uk

### 18-25's Wellbeing Group

5pm - 6:30pm

victoria.austin@sunderlandmind.co.uk

## Wednesday

### Postnatal Support Group

11am – 12:30pm

emily.blyth@sunderlandmind.co.uk

### Art Wellbeing Group

1pm – 3pm

paul.booth@sunderlandmind.co.uk

### Rise—Drama group

7-18 years old

5pm—6:30pm

Jenae.shaw@sunderlandmind.co.uk

### Your Space Young Men's Group

11-18 years old

5pm—6:30pm

Paul.booth@sunderlandmind.co.uk

## Thursday

### Knit & Natter

10:30am—12pm

paul.booth@sunderlandmind.co.uk

### Wellbeing Crafts

1pm – 3pm

paul.booth@sunderlandmind.co.uk

### Keeping On – Suicide Loss Support Group

1pm – 3pm

keepingon@sunderlandmind.co.uk

### Junior Group

7 – 10 years old

4:30pm – 6pm

jenae.shaw@sunderlandmind.co.uk

### WASP – Senior Group

11-18 years old

4:30pm – 6pm

victoria.austin@sunderlandmind.co.uk

All groups will return from Monday 19th April 2021. There is a small fee of £1 for each group

Due to current restrictions, places are limited. To book your place, contact the Wellbeing Team on 0191 565 7218 or using the relevant email below.