



Social Activities Supported by Coalfield Area Committee

* Some sessions and activities have a charge

Social Navigator

B Active and B Fit

For those who may feel lonely, isolated or want someone to talk to, the project aims to increase social integration. Support and therapeutic activities are provided in the home and in the community, and telephone support on a 1 to 1 basis is also available. This benefits those with long term conditions to improve their independence and wellbeing, and in the longer term access groups and activities available in the community. For further information or to access the service please contact Sandra on 07837 510403 or Lynn on 07572 502180/0191 5645590. www.bactivenbfit.co.uk

Space 4 Blokes

Space4, Newbottle Street, Houghton le Spring - Thursdays 11:00am – 2:00pm

Dominoes, history, politics, the weekend's football news – Space4 Blokes is a place for lively discussion and making friends, with refreshments provided. We also enjoy trips out. For further information contact Christine Britcliffe 0191 5120676 kotzebue82@yahoo.co.uk

Pudding Lane

Fencehouses YMCA – Dates and venues vary (Begins April 2017)

The project delivers a weekly memory group which allows people to spend time talking about recipes from their childhood and then cook and share meals with each other. The project can be delivered to established groups, either at Fencehouses or in their own venue, and tailored to individual requirements. For further information or to take part please contact Jane-Louise Hepple 0191 3855514 Jane-Louise.Hepple@sunderlandymca.co.uk

Transforming Lives

Hetton New Dawn, Apostolic Church, Easington Lane – once a month 2 p.m. on Thursdays

Afternoon tea sessions to enable people to build up new relationships and take part in social and therapeutic activities. Support will help to people to maintain independent living, build self-esteem and promote healthy living. Transforming lives is held once a month, for further details please contact Hilary Avent: 07522164817 cdw-newdawn@outlook.com

Volunteering Support

ShARP, Beatrice Tce, Shiney Row

This project is for people aged 50+ or vulnerable/socially isolated who want to become involved in volunteering activity. Supported by a Volunteer Co-ordinator, induction and training on an individual level is provided. Each volunteer has a personal development plan and access to a range of volunteering opportunities such as catering, shop work/management, community development and arranging community events. All new volunteers have access to advice & support via services offered within ShARP as well as any training opportunities available. To find out more contact June Robinson 0191 385 6687 j.robinson@shineyadvice.org.uk

Space 4 Growing Friends,

Space4, Newbottle Street, Houghton le Spring – 10 a.m. Fridays

A new weekly group (launch on 31 March 2017) for meeting people and taking part in a variety of activities. Refreshments and social activities provided, access to other services available. For further information contact Christine Britcliffe 0191 5120676 kotzebue82@yahoo.co.uk

All Together Now

ShARP, Beatrice Tce, Shiney Row – 2 p.m. – 4 p.m. Thursdays

A new, weekly, 2 hour, session at ShARP. A variety of activities including afternoon tea with sing along, football memorabilia, cards, chat and craft etc will be provided. Participants can take part in other activities and access services at the centre. To find out more contact June Robinson 0191 385 6687 j.robinson@shineyadvice.org.uk

Health and Greenspaces

ELCAP, Brickgarth, Easington Lane – various days/times and locations

Social outings to local parks and places of interest. The project will provide guided trips to outdoor spaces, tailored to the different needs and requests of participants. The aim is to support local people to get 'out and about' improving their health and meeting new people. To book a place or find out more please contact Dave Ellison elcaptransport@hotmail.co.uk

Cake and Company

Valuable Adults, Members of Society (VAMOS), St Johns Methodist Church, Fencehouses – 2 p.m. Thursdays Fortnightly

A new support group 'Cake and Company' is held once a fortnight 2 p.m. to 3.30 p.m. on Thursdays at St John's Methodist Church in Fencehouses. Guest speakers, light exercise, music and refreshments are just some of the things planned for the coming months. For further information please contact Kathy Dobson kathydobson576@yahoo.co.uk

No-one Should Have No-one

Age UK, The Metcalfe Centre, Four Lane Ends, Hetton le Hole, each Tuesday and Wednesday 10.30 to 1 p.m.

Weekly lunch clubs including tea/coffee & biscuits, a meal and various activities including bingo and dominoes. Transport to and from the club is available. To find out more or to attend please contact Karen McKinney 0191 526 9274 or 07889812780 coalfields@ageuksunderland.org.uk who will arrange a home visit to complete the relevant forms and risk assessment.

Yesterday's Society

Groundwork NE and Cumbria – various times and locations from March to June 2017

The aim of the project is to support people to meet others and to explore heritage sites and green spaces in the Coalfield area. Transport will be provided and the trip will include refreshments and a visit to the heritage display at ELCAP. Contact Laura McCall on 0191 5672550 laura.mccall@groundwork.org.uk

Teapots and Twirls

SNCBC, Flatts Centre, Easington Lane – Fridays from April 2017

A weekly tea dance at the Flatts Easington Lane with a dance tutor to carry out demonstrations. Transport is available if required and signposting to other services will be offered. Contact Wendy Cook on 0191 5373231 wendycook@communityopportunities.co.uk

Further services and social activities provided by a wide range of local organisations include:

- St Matthews Church Hall, Newbottle, Lunch Club – 12.30 Thursdays
Contact Malcolm 0191 5844995
- St Matthews Church Hall, Newbottle, Coffee and Book Sale – 9.30 to 11.30 Thursdays
Call in or go to the website for more information www.stmatthewsnewbottle.org
- Nidderdale Centre Lunch Club, Peat Carr – Mondays.
Contact Ann Donkin Ann.Donkin@gentoosunderland.com
- Space for Women, Newbottle Street, Houghton le Spring – 1.30 Mondays
Contact Christine Britcliffe 0191 5120676 kotzebue82@yahoo.co.uk
- Hetton New Dawn Lunch Club, Hetton and Eppleton Community Hall Wednesdays
Contact Hilary Avent: 07522164817 cdw-newdawn@outlook.com
- Lunch Club, Eppleton Academy, Church Road – 12.15 p.m. Tuesdays
Contact David Wallace on Tel: 0191 5262696 dwallace967@btinternet.com
- ELCAP Shopping Bus service – Thursdays and Fridays
Contact Dave Ellison elcaptransport@hotmail.co.uk
- 'Soup and a Bun' Drop-in, Apostolic Church, Brickgarth, Easington Lane 12 noon Mondays
Contact Hilary Avent: 07522164817 cdw-newdawn@outlook.com