



November 2023 – Monthly Schedule – Sedgefield & Dales Patch

Please contact staff for more information on these sessions

		<p>Wednesday 1st <u>Allotment</u> 9.30am to 3.30pm</p> <p>ACTIVITIES WITHIN GROUP – gardening planning</p> <p>Home Group Staff Volunteer Day</p> <p>Staff: Dean & Jen (Support Coordinator) 07586722067</p> <p>Green Horizons– Ferryhill DL17 8NB</p>	<p>Thursday 2nd <u>Drop-in group</u> 10am to 2pm</p> <p>Games, Arts & Crafts, Exercise, HAP, Unique activities. Badminton, Walks, Fitness Sessions.</p> <p>Support customers with advice and guidance</p> <p>Group Activities:</p> <ul style="list-style-type: none"> 10.30 am WEA: Stress Awareness. Cool Blue training: Healthy Eating/Food hygiene <p>Staff: Dean, Jamie</p> <p>St Andrews Church, Spennymoor, DL16 6NE</p>	<p>Friday 3rd <u>Allotment</u> 12pm to 4.30pm</p> <p>ACTIVITIES WITHIN GROUP – gardening planning</p> <p>Volunteer-led session</p> <p>Green Horizons– Ferryhill DL17 8NB</p> <p>.....</p> <p><u>Drop-in group</u> 1pm to 3.30pm</p> <p>ACTIVITIES WITHIN GROUP – Games, Arts & Crafts, Exercise, HAP, Unique activities. Badminton, Walks, Fitness Sessions.</p> <p>Support customers with advice and guidance</p> <p>Group Activities:</p> <ul style="list-style-type: none"> DVD movie afternoon (Customer choice) <p>Staff: Damian, Jamie, Dean</p> <p>No 42 The Market Place, Bishop Auckland, DL14 7NJ</p>
Monday 6th	Tuesday 7 th	Wednesday 8 th	Thursday 9 th	Friday 10 th

<p><u>Allotment</u> 10am to 12.30pm</p> <p>ACTIVITIES WITHIN GROUP – gardening planning</p> <p>Staff: Jen (Support Coordinator) 07586722067</p> <p>Green Horizons– Ferryhill DL17 8NB</p> <p>.....</p> <p><u>Drop-in group</u> 2pm to 4pm</p> <p>ACTIVITIES WITHIN GROUP – Games, Arts & Crafts, Exercise, HAP, Unique activities. Walks, Fitness Sessions.</p> <p>Support customers with advice and guidance</p> <p>Group Activities:</p> <ul style="list-style-type: none"> • Group discussion • WEA: Arts & Crafts • Pool tournament <p>Staff: Dean, Damian, Luke</p> <p>St Andrews Church, Spennymoor, DL16 6NE</p>	<p><u>Allotment</u> 1.30am to 4pm</p> <p>ACTIVITIES WITHIN GROUP – gardening planning</p> <p>Staff: Dean & Jen (Support Coordinator) 07586722067</p> <p>Green Horizons– Ferryhill DL17 8NB</p>	<p><u>Drop-in group</u> 10am to 2pm</p> <p>ACTIVITIES WITHIN GROUP – Games, Arts & Crafts, Exercise, HAP, Unique activities. Badminton, Walks, Fitness Sessions.</p> <p>Support customers with advice and guidance</p> <p>Group Activities:</p> <ul style="list-style-type: none"> • 10.30am WEA: Stress Awareness. • Group discussion <p>Staff: Dean, Luke</p> <p>St Andrews Church, Spennymoor, DL16 6NE</p>	<p><u>Allotment</u> 12pm to 4.30pm</p> <p>ACTIVITIES WITHIN GROUP – gardening planning, Volunteer-led session</p> <p>Green Horizons– Ferryhill DL17 8NB</p> <p>.....</p> <p><u>Drop-in group</u> 1pm to 3.30pm</p> <p>ACTIVITIES WITHIN GROUP – Games, Arts & Crafts, Exercise, HAP, Unique activities. Badminton, Walks, Fitness Sessions.</p> <p>Support customers with advice and guidance</p> <p>Group Activities:</p> <ul style="list-style-type: none"> • Homestay Visit: Talk about Health & Wellbeing <p>Staff: Dean, Damian, Luke</p> <p>No 42 The Market Place, Bishop Auckland, DL14 7NJ</p>
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<p>Monday 13th</p>	<p>Tuesday 14th <u>Allotment</u> 10am to 12.30pm</p> <p>ACTIVITIES WITHIN GROUP – gardening planning</p> <p>Staff: Jen (Support Coordinator) 07586722067</p> <p>Green Horizons– Ferryhill DL17 8NB</p> <p>.....</p> <p><u>Drop-in group</u> 2pm to 4pm</p> <p>ACTIVITIES WITHIN GROUP – Games, Arts & Crafts, Exercise, HAP, Unique activities. Walks, Fitness Sessions.</p> <p>Support customers with advice and guidance</p> <p>Group Activities:</p> <ul style="list-style-type: none"> • WEA: Arts & Crafts • 2.30pm Hannah from PCP: group talk about the live experience of health services <p>Staff: Dean, Damian, Luke</p> <p>St Andrews Church, Spennymoor, DL16 6NE</p>	<p>Wednesday 15th <u>Allotment</u> 1.30am to 4pm</p> <p>ACTIVITIES WITHIN GROUP – gardening planning</p> <p>Staff: Jen (Support Coordinator) 07586722067</p> <p>Green Horizons– Ferryhill DL17 8NB</p>	<p>Thursday 16th <u>Drop-in group</u> 10am to 2pm</p> <p>ACTIVITIES WITHIN GROUP – Games, Arts & Crafts, Exercise, HAP, Unique activities. Badminton, Walks, Fitness Sessions.</p> <p>Support customers with advice and guidance Group Activities:</p> <ul style="list-style-type: none"> • 10.30am WEA: Stress Awareness. <p>Staff: Dean, Jamie, Luke</p> <p>St Andrews Church, Spennymoor, DL16 6NE</p> <p>.....</p> <p><u>Out & About</u> 11.30am to 2pm</p> <p>Wetherspoons Lunch</p> <p>2 Cheapside, Spennymoor DL16 6DJ</p> <p>Staff: Dean</p>	<p>Friday 17th <u>Allotment</u> 12pm to 4.30pm</p> <p>ACTIVITIES WITHIN GROUP – gardening planning</p> <p>Volunteer-led session</p> <p>Green Horizons– Ferryhill DL17 8NB</p> <p>.....</p> <p><u>Drop-in group</u> 1pm to 3.30pm</p> <p>ACTIVITIES WITHIN GROUP – Games, Arts & Crafts, Exercise, HAP, Unique activities, Walks, Fitness Sessions.</p> <p>Support customers with advice and guidance</p> <p>Group Activities:</p> <ul style="list-style-type: none"> • Meet up for lunch at Wetherspoon’s. Bishop Auckland <p>5 Market Pl, Bishop Auckland DL14 7NJ</p> <p>Staff: Jamie, Damian, Luke, Dean</p>
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<p>Monday 20th</p>	<p>Tuesday 21st <u>Allotment</u></p>	<p>Wednesday 22nd <u>Allotment</u></p>	<p>Thursday 23rd <u>Drop-in group</u></p>	<p>Friday 24th <u>Allotment</u></p>
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Dean-Support Coordinator 07796329517 Jamie – Support worker 07867350822 Damian – Support worker

	<p>10am to 12.30pm</p> <p>ACTIVITIES WITHIN GROUP – gardening planning</p> <p>Staff: Jen (Support Coordinator) 07586722067</p> <p>Green Horizons– Ferryhill DL17 8NB</p> <p>.....</p> <p><u>Drop-in group</u> 2pm to 4pm</p> <p>ACTIVITIES WITHIN GROUP – Games, Arts & Crafts, Exercise, HAP, Unique activities. Badminton, Walks, Fitness Sessions.</p> <p>Support customers with advice and guidance</p> <p>Group Activities:</p> <ul style="list-style-type: none"> • WEA: Arts & Crafts • DVD movie afternoon (Customer choice) <p>Staff: Dean, Linda, Luke, Damian</p> <p>St Andrews Church, Spennymoor, DL16 6NE</p>	<p>1.30am to 4pm</p> <p>ACTIVITIES WITHIN GROUP – gardening planning</p> <p>Staff: Jen (Support Coordinator) 07586722067</p> <p>Green Horizons– Ferryhill DL17 8NB</p>	<p>10am to 2pm</p> <p>ACTIVITIES WITHIN GROUP – Games, Arts & Crafts, Exercise, HAP, Unique activities. Badminton, Walks, Fitness Sessions.</p> <p>Support customers with advice and guidance</p> <p>Group Activities:</p> <ul style="list-style-type: none"> • 10.30am WEA: Stress Awareness. • Mental Health Matters: group talk about Social anxiety and low mood <p>Staff: Dean, Jamie, Luke</p> <p>St Andrews Church, Spennymoor, DL16 6NE</p>	<p>12pm to 4.30pm</p> <p>ACTIVITIES WITHIN GROUP – gardening planning</p> <p>Volunteer-led session</p> <p>Green Horizons– Ferryhill DL17 8NB</p> <p>.....</p> <p><u>Drop-in group</u> 1pm to 3.30pm</p> <p>ACTIVITIES WITHIN GROUP – Games, Arts & Crafts, Exercise, HAP, Unique activities. Badminton, Walks, Fitness Sessions.</p> <p>Support customers with advice and guidance</p> <p>Group Activities:</p> <ul style="list-style-type: none"> • Mental Health Matters: group talk about Social anxiety and low mood <p>Staff: Jamie, Damian, Luke</p> <p>No 42 The Market Place, Bishop Auckland, DL14 7NJ</p>
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OFFICIAL

Monday 27th	Tuesday 28th <u>Allotment</u> 10am to 12.30pm	Wednesday 29th <u>Allotment</u> 1.30am to 4pm	Thursday 30th <u>Drop-in group</u> 10am to 2pm	
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Dean-Support Coordinator 07796329517 Jamie – Support worker 07867350822 Damian – Support worker

	<p>ACTIVITIES WITHIN GROUP – gardening planning</p> <p>Staff: Jen (Support Coordinator) 07586722067</p> <p>Green Horizons– Ferryhill DL17 8NB</p> <p>.....</p> <p><u>Drop-in group</u> 2pm to 4pm</p> <p>ACTIVITIES WITHIN GROUP – Games, Arts & Crafts, Exercise, HAP, Unique activities. Badminton, Walks, Fitness Sessions.</p> <p>Support customers with advice and guidance</p> <p>Group Activities:</p> <ul style="list-style-type: none"> • WEA: Arts & Crafts • Music Quiz <p>Staff: Dean, Damian, Luke</p> <p>St Andrews Church, Spennymoor, DL16 6NE</p>	<p>ACTIVITIES WITHIN GROUP – gardening planning</p> <p>Staff: Jen (Support Coordinator) 07586722067</p> <p>Green Horizons– Ferryhill DL17 8NB</p> <p style="text-align: center; color: blue; font-size: 2em; transform: rotate(-45deg); opacity: 0.5;">OFFICIAL</p>	<p>ACTIVITIES WITHIN GROUP – Games, Arts & Crafts, Exercise, HAP, Unique activities. Badminton, Walks, Fitness Sessions.</p> <p>Support customers with advice and guidance</p> <p>Group Activities:</p> <ul style="list-style-type: none"> • 10.30am WEA: Stress Awareness. <p>Staff: Dean, Jamie, Luke</p> <p>St Andrews Church, Spennymoor, DL16 6NE</p> <p>.....</p> <p><u>Out & About</u> 12pm to 3pm</p> <p>Group Activities:</p> <ul style="list-style-type: none"> • Lunch at JD Wetherspoon <p>Staff: Dean</p> <p>2 Cheapside, Spennymoor DL16 6DJ</p>	
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