





November 2023 - Monthly Schedule - Sedgefield & Dales Patch

Please contact staff for more information on these sessions

		Wednesday 1st Allotment 9.30am to 3.30pm ACTIVITIES WITHIN GROUP — gardening planning Home Group Staff Volunteer Day Staff: Dean & Jen (Support Coordinator) 07586722067 Green Horizons— Ferryhill DL17 8NB	Thursday 2 nd Drop-in group 10am to 2pm Games, Arts & Crafts, Exercise, HAP, Unique activities. Badminton, Walks, Fitness Sessions. Support customers with advice and evidance Group Activities: 10.30 am WEA: Stress Awareness. Cool Blue training: Healthy Eating/Food hygiene Staff: Dean, Jamie St Andrews Church, Spennymoor, DL16 6NE	Friday 3 rd Allotment 12pm to 4.30pm ACTIVITIES WITHIN GROUP – gardening planning Volunteer-led session Green Horizons– Ferryhill DL17 8NB Drop-in group 1pm to 3.30pm ACTIVITIES WITHIN GROUP – Games, Arts & Crafts, Exercise, HAP, Unique activities. Badminton, Walks, Fitness Sessions. Support customers with advice and guidance Group Activities: • DVD movie afternoon (Customer choice) Staff: Damian, Jamie, Dean No 42 The Market Place, Bishop Auckland, DL14 7NJ
Monday 6th	Tuesday 7 th	Wednesday 8 th	Thursday 9 th	Friday 10 th

Allotment	Allotment	Drop-in group	Allotment
10am to 12.30pm	1.30am to 4pm	10am to 2pm	12pm to 4.30pm
ACTIVITIES WITHIN GROUP – gardening	ACTIVITIES WITHIN GROUP –	ACTIVITIES WITHIN GROUP – Games, Arts	ACTIVITIES WITHIN GROUP – gardening planning,
planning	gardening planning	& Crafts, Exercise, HAP, Unique activities. Badminton, Walks, Fitness Sessions.	Volunteer-led session
Staff: Jen (Support Coordinator) 07586722067	Staff: Dean & Jen (Support Coordinator) 07586722067	Support customers with advice and	Green Horizons- Ferryhill DL17 8NB
07300722007	Coordinatory 67300722007	guidance	
Green Horizons- Ferryhill DL17 8NB	Green Horizons- Ferryhill DL17	Group Activities:	
	8NB		
		• 10.30am WEA: Stress	Drop-in group
Drop-in group		Awareness.	1pm to 3.30pm
2pm to 4pm		Crown discussion	ACTIVITIES WITHIN GROUP – Games, Arts & Crafts,
ACTIVITIES WITHIN GROUP – Games,		Group discussion	Exercise, HAP, Unique activities. Badminton, Walks,
Arts & Crafts, Exercise, HAP, Unique		Staff: Dean, Luke	Fitness Sessions.
activities. Walks, Fitness Sessions.		Stant. Dean, Luke	Titless sessions:
Support customers with advice and	٠	St Andrews Church, Spennymoor, DL16	Support customers with advice and guidance
guidance	O _K) OINE	Group Activities:
Group Activities:			Homestay Visit: Talk about Health & Wellbeing
Group discussion			_
			Staff: Dean, Damian, Luke
WEA: Arts & Crafts			No 42 The Market Place, Bishop Auckland, DL14 7NJ
Pool tournament			
Staff: Dean, Damian, Luke			
St Andrews Church, Spennymoor, DL16 6NE			

Monday 13 th	Tuesday 14 th	Wednesday 15 th	Thursday 16 th	Friday 17 th
	Allotment	Allotment	Drop-in group	Allotment
	10am to 12.30pm	1.30am to 4pm	10am to 2pm	12pm to 4.30pm
	ACTIVITIES WITHIN GROUP – gardening	ACTIVITIES WITHIN GROUP –	ACTIVITIES WITHIN GROUP – Games, Arts & Crafts, Exercise, HAP, Unique	ACTIVITIES WITHIN GROUP – gardening planning
	planning	gardening	activities. Badminton, Walks, Fitness	Volunteer-led session
	Staff: Jen (Support Coordinator) 07586722067	planning	Sessions.	Green Horizons- Ferryhill DL17 8NB
	Green Horizons- Ferryhill DL17 8NB	Staff: Jen (Support Coordinator)	Support customers with advice and guidance Group Activities:	
	Drop-in group	07586722067		
	2pm to 4pm		• 10.30am WEA: Stress Awareness.	Drop-in group 1pm to 3.30pm
	ACTIVITIES WITHIN GROUP – Games, Arts &	Green Horizons-		
	Crafts, Exercise, HAP, Unique activities. Walks, Fitness Sessions.	Ferryhill DL17 8NB	Staff: Dean, Jamie, Luke	ACTIVITIES WITHIN GROUP – Games, Arts & Crafts, Exercise, HAP, Unique activities, Walks, Fitness Sessions.
	Support customers with advice and guidance		St Andrews Church, Spennymoor, DL16 6NE	Support customers with advice and guidance
	Group Activities:		Out & About 11.90am to 2pm	Group Activities:
	WEA: Arts & Crafts		Wetherspoons Lunch	 Meet up for lunch at Wetherspoon's. Bishop Auckland
	 2.30pm Hannah from PCP: group talk about the live experience of health services 		2 Cheapside, Spennymoor DL16 6DJ	5 Market Pl, Bishop Auckland DL14 7NJ
	Services		Staff: Dean	Staff: Jamie, Damian, Luke, Dean
	Staff: Dean, Damian, Luke			
	St Andrews Church, Spennymoor, DL16 6NE			

	uesday 21 st	Wednesday 22 nd	Thursday 23 rd	Friday 24 th
<u>Al</u>	llotment	Allotment	Drop-in group	Allotment

10am to 12.30pm	1.30am to 4pm	10am to 2pm	12pm to 4.30pm
ACTIVITIES WITHIN GROUP – gardening planning	ACTIVITIES WITHIN GROUP – gardening	ACTIVITIES WITHIN GROUP – Games, Arts & Crafts, Exercise, HAP, Unique	ACTIVITIES WITHIN GROUP – gardening planning
Staff: Jen (Support Coordinator) 07586722067	planning	activities. Badminton, Walks, Fitness Sessions.	Volunteer-led session
Green Horizons- Ferryhill DL17 8NB	Staff: Jen (Support Coordinator)	Support customers with advice and	Green Horizons- Ferryhill DL17 8NB
Drop-in group 2pm to 4pm	07586722067	guidance	Drop-in group
ACTIVITIES WITHIN GROUP – Games, Arts & Crafts,	Green Horizons- Ferryhill DL17 8NB	Group Activities:	1pm to 3.30pm
Exercise, HAP, Unique activities. Badminton, Walks, Fitness Sessions.	,	• 10.30am WEA: Stress Awareness.	ACTIVITIES WITHIN GROUP – Games, Arts & Crafts, Exercise, HAP, Unique activities. Badminton, Walks, Fitness Sessions.
Support customers with advice and guidance		 Mental Health Matters: group talk about Social anxiety and 	Support customers with advice and guidance
Group Activities:		low mood	Group Activities:
WEA: Arts & Crafts	OFFI	Staff: Dean, Jamie, Luke	Mental Health Matters: group talk about Social anxiety and low mood
DVD movie afternoon (Customer choice) Staff, Base Minds Lake Baseign		St Andrews Church, Spennymoor, DL16 6NE	Staff: Jamie, Damian, Luke
Staff: Dean, Linda, Luke, Damian			
St Andrews Church, Spennymoor, DL16 6NE			No 42 The Market Place, Bishop Auckland, DL14 7NJ

Monday 27th	Tuesday 28 th	Wednesday 29th	Thursday 30 th	
	Allotment	Allotment	Drop-in group	
	10am to 12.30pm	1.30am to 4pm	10am to 2pm	

ACTIVITIES WITHIN GROUP – gardening planning	ACTIVITIES WITHIN	ACTIVITIES WITHIN GROUP – Games, Arts &	
	GROUP – gardening	Crafts, Exercise, HAP, Unique activities.	
Staff: Jen (Support Coordinator) 07586722067	planning	Badminton, Walks, Fitness Sessions.	
Green Horizons- Ferryhill DL17 8NB	Staff: Jen (Support Coordinator)	Support customers with advice and guidance	
Drop-in group 2pm to 4pm	07586722067	Group Activities:	
ACTIVITIES WITHIN GROUP – Games, Arts & Crafts, Exercise	Green Horizons- Ferryhill DL17 8NB	• 10.30am WEA: Stress Awareness.	
HAP, Unique activities. Badminton, Walks, Fitness Sessions.	,	Staff: Dean, Jamie, Luke	
Support customers with advice and guidance		St Andrews Church, Spennymoor, DL16 6NE	
Group Activities:		Out & About	
WEA: Arts & Crafts		12pm to 3pm	
Music Quiz	4.	Group Activities:	
Staff: Dean, Damian, Luke	OFFICIAL	Lunch at JD Wetherspoon	
St Andrews Church, Spennymoor, DL16 6NE		Staff: Dean	
		2 Cheapside, Spennymoor DL16 6DJ	