



Hello! Would you like to join one of our face-to-face groups or receive individual face to face support?

Here is the timetable of all our sessions.

Below this you can see a full description of each session, along with details of available places, any costs, and how to join.

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 – 1:00 Cooking with Confidence – South Shields			10:30 – 12:30 Boldon Drop In	
		12:30 – 2:30 Jarrow Drop In		12.00 - 1.30 Your Health Counts - Gateshead
2:00 – 5:00 Cooking with Confidence – South Shields				2.00 -3.30 Your Health Counts - Gateshead

Further information

Cooking with Confidence

Teaching people to find the confidence to cook with help if needed.

Held at St Mark's and St Cuthbert's Church, Quarry Lane, South Shields, NE34 7NP.

Takes place once a fortnight for each group.

Is there a fee?

£2.50 entry.

Are there places available?

No, but there is a waiting list.

How do I book a place?

Contact Ashley on 07395 934 085.

Jarrow Drop In

A safe, friendly place to get help with things like appointments, bills and taking part in activities.

Held at Grange Road Baptist Church, Grange Road West, Jarrow NE32 3JA.

Takes place every Wednesday.

Is there a fee?

No. Tea and coffee are available for 50p.

Are there places available?

Yes.

How do I book a place?

Speak to one of the team at the drop in or phone 0191 478 6472.

Boldon Drop In

A safe, friendly place to get help with things like appointments, bills and taking part in activities.

Held at Boldon Community Association, New Road, Boldon Colliery, NE35 9DS.

Takes place every Thursday.

Is there a fee?

No. Tea, coffee and breakfasts are available from 50p.

Are there places available?

Yes.

How do I book a place?

Speak to one of the team at the drop in or phone 0191 478 6472.

Your Health Counts

Focussing on different aspects of health to support our well-being. It's a chance to meet new people, connect, learn and develop your creative skills!

Held at Bensham Community Centre, Sidney Grove, Gateshead, NE8 2XD

Takes place every Friday.

Is there a fee?

No, it is free to join.

Are there places available?

A limited number of spaces are available.

How do I book a place?

Contact Nafisa on 07561 1093201 or Heather on 07827 695504.