

# Mind Washington

## Winter 2023 Schedule

### **Monday Session**

Book Club  
Third Monday of every month  
Film Club  
The Otto Collective  
(LGBTQIA+ Youth Group)

### **Venue**

Washington Mind  
Washington Mind  
Café Otto

### **Time**

10:30-11:30  
13:00-15:30  
15:30-17:00

### **Tuesday**

Gardening Group  
Walking Group  
Craft Connection  
Man Space

Washington Mind  
Washington Mind  
Washington Mind  
Washington Mind

10:00-11:00  
12:00-13:00  
13:00-15:00  
13:00-14:30

### **Wednesday**

Creative Minds  
Open Mind (18-30s)  
Company & Support Group  
Rainbow Renegades  
(LGBTQIA+ Youth Group)

Washington Mind  
Washington Mind  
Washington Mind  
Washington Mind

10:00-12:00  
13:00-14:30  
14:00-16:00  
16:30-18:30

### **Thursday**

Woman Space  
Craft Group  
Lunch Club  
£3.50 for two-course lunch  
Creative Mind @ Hetton

Washington Mind  
Washington Mind  
Washington Mind  
The Hetton Centre

10:00-12:00  
10:00-12:00  
12:00-13:30  
13:30-15:00

### **Friday**

Brunch Club  
Knit and Natter

Washington Mind  
Washington Mind

10:00-12:00  
10:00-12:00

**Sessions take place at: Washington Mind, The Life House, Grasmere Terrace, Columbia, Washington, NE38 7LP,  
The Hetton Centre, Hetton-le-Hole, Houghton le Spring DH5 9NE and  
Café Otto, Stockton Road, Sunderland, SR2 7AQ**

**Want to know more about a session, or are you interested in joining us?  
Give us a call on: 01914178043.**



## Winter 2023 Schedule

Activities in The Life House schedule are delivered by external partners. If you are interested in any of the sessions, please contact the facilitator directly.

### Monday

Session	Time	Contact
Washington History Society First Monday of every month	13:30-15:30	07837629556
'Good for the Soul' Sound Bath Second Monday of every month	13:30-14:30	Book online at: washingtonmind.org.uk/our-shop or call: 01914178043
Mindfulness & Meditation Third Monday of every month	15:30-16:30	Book online at: washingtonmind.org.uk/our-shop or call: 01914178043
Andy's Man Club Every Monday, a peer-support group for men.	19:00-21:00	Just turn up to attend, visit andysmanclub.co.uk for more info

### Tuesday

Session	Time	Contact
Megs Moves Workout All abilities welcome to a combined dance and fitness class.	12:00-13:00	Book online at: washingtonmind.org.uk/our-shop or call: 01914178043
Washington Station WI Every 3rd Tuesday of the month.	19:00-21:00	Elaine.wright22@yahoo.com

### Wednesday

Session	Time	Contact
Iyengar Yoga Suitable for all levels of ability. £5.	18:30-19:30	yoginortheast@gmail.com

### Thursday

Session	Time	Contact
Flow2Sow Hatha Yoga 1 hour free hatha flow class moving mindfully.	11:00-12:00	Book online at: washingtonmind.org.uk/our-shop or call: 01914178043
Trimmed, Toned and Toddlers Kids come and play while the mams take part in a guided fitness class,	13:30-14:15	Book online at: washingtonmind.org.uk/our-shop or call: 01914178043
Slimming World	18:00-19:00, 19:30-20:30	07960750886

### Friday

Session	Time	Contact
Slimming World	08:00-09:00, 09:30-10:30, 11:00-12:00	07960750886

### Saturday

Session	Time	Contact
Slimming World	08:30-09:30, 10:00-11:00	07960750886