



For the people of Sunderland

Autumn 2026 Schedule

Monday

Brunch Club

A safe space to have time for yourself and make social connections in a supportive environment. £2.50 for brunch. 10:00-12:00

Dough Bros

A pizza-making group for men. 12:00-14:00

Sound Bath

Running on second & fourth Mondays of each month * 13:30-14:30

Mindfulness & Meditation

Running on third Monday of each month* 13:30-14:30

Tuesday

Brunch & Blockbusters

Watch a movie and enjoy breakfast, hosted in our outdoor cinema area in good weather. £2.50. 10:00-12:00

Gardening Group

Spending time in green spaces can benefit your mental and physical wellbeing. 10:00-12:00

Craft Skills

A fortnightly social group to learn new craft skills to create decorations and centrepieces. 10:00-12:00

Sewing Group

Bring your sewing skills along and join our friendly fortnightly group.

Bryson's Pet Therapy

First Tuesday of every month. Meet at Bryson's Animal Shelter 10:30-12:00

Megs Moves Workout

All abilities welcome to a combined dance and fitness class * 11:00-12:00

Walking Group

Get out and about with a friendly group in your local community, come along to our weekly walk. 12:00-13:00

Lunch Club

£3.50 for two-course lunch 12:00-13:30

Man Space

Weekly get together for men. Run by men, for men. 13:00-14:30

Craft Connection

A relaxed group which offers a variety of crafts for all abilities. 13:00-15:00

ADHD Support Group

First Tuesday of every month. Come to our safe & non judgemental place for anyone affected by ADHD. 16:30-17:30

Yoga for Menopause

Aimed at supporting the journey through the menopause. * 17:15-18:15

Wednesday

Creative Minds

A relaxed group which offers a variety of crafts suitable for all levels of ability 10:00-12:00

Lunch Club on a Budget

Enjoy a lunch then take home the recipe card to cook a budget meal for 4. £2.50 for a meal. 12:00-13:30

Knit & Natter

Come along to a friendly, relaxed group, enjoy knitting and crocheting whether you are a beginner or an avid needle clicker! 13:30-15:30

Company & Support Group

A space to leave your worries at the door and meet with a peer-led group to chat with like-minded people about day-to day life. 14:00-16:00

Meet & Grief

Running on the second Wednesday of every month, this is a place to be with your grief. 17:00-18:30

Thursday

Little Baby Stars: Baby Massage Course

5 week course to help you to learn a beautifully tranquil massage routine. * 9:30-11:00

Parents & Pastries

Parents, carers and their children can come along to enjoy breakfast pastries and connect with others. * 10:00-11:30

Woman Space

Peer support group provides a space for woman to meet and chat in a supportive environment. 10:00-12:00

Craft Group

A relaxed group which offers a variety of crafts suitable for all levels of ability 10:00-12:00

Flow2Sow Hatha Yoga

1 hour free hatha flow class moving mindfully.* 11:00-12:00

Lunch Club

£3.50 for two-course lunch 12:00-13:00

Creative Mind @ Hetton

Enjoy this relaxed and friendly group, running at The Hetton Centre which offers a wide variety of crafts 13:00-15:00

Friday

Brunch Club

A safe space to have time for yourself & make social connections with others in a supportive environment 10:00-12:00

Knit and Natter

Come along to a friendly, relaxed group, enjoy knitting & crocheting, whether you are a beginner or an avid needle clicker! 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 Bryson's Animal Shelter, Galloping Green Road,
Eighton Banks, NE9 7XA.

We have complementary therapy appointments available for our Washington Mind clients including; Facial, Indian Head Massage, Reflexology, Reiki, Full Body Massage and more.

Want to know more about a session, or interested in joining us?

***Book at: bookwhen.com/washingtonmind**

Give us a call on: 01914178043

or email: info@washingtonmind.org.uk



Life House Schedule

Monday

Session	Time	Contact
Washington History Society First Monday of every month	13:30-15:30	washingtonhistorysoc@gmail.com
Andy's Man Club Every Monday (excl. bank holidays), a peer-support group for men.	19:00-21:00	Just turn up to attend, visit andysmanclub.co.uk for more info

Wednesday

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

Thursday

Session	Time	Contact
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. 17:30-18:30	07960750886

Saturday

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

There are several activities held within The Life House delivered by external partners. If you are interested in any of the sessions, you can find out more by scanning here..

