

What's on for January – March 2024

Sign up is via email or telephone and begins 10am Friday 12th January 2024

Please email enquiries@aspire-northeast.co.uk or call 01913891504 with your choices

Creche is available for children aged under 5. Must be booked in advance.

There is a £3 admin fee for some sessions

Our Wellness Service offers holistic therapies and podiatry and can be accessed by emailing enquiries@aspire-northeast.co.uk

Sessions/Group/Courses	Day	Time
<p><u>Intro to Aspire</u></p> <p>Are you new to Aspire? This is your chance to gently find out all about our project and what we have to offer. Join us for our introductory group planned to help you settle into the project and the opportunity to socialise and meet other new women</p>	Monday	12.30pm – 2pm
<p><u>Step Out Sisters</u></p> <p>Open to all women. A monthly, local, women only walk. Great for your social, physical, and mental well being. To book your place contact sisters@aspire-northeast.co.uk</p>	Second Tuesday of every month	10am
<p><u>Wild Gardening</u></p> <p>Spend time doing some seasonal planting! One off £3 fee applies</p>	Wednesday	12.30pm – 2.30pm
<p><u>FAB – Fifty and Beyond</u></p> <p>This is a group for those aged over 50. It's a chance to have a go at crafts, games, share memories and experiences, listen to visiting speakers and all of this in a friendly supportive environment.</p> <p>Additional monthly FAB Extra – social group TBA</p>	Tuesday	12.30pm -2.30pm

<p><u>Positive Changes</u></p> <p>A confidence building peer led support group to help you cope with life's changes</p>	<p>Tuesday</p>	<p>ONLINE 1pm – 2pm</p>
<p><u>New Beginnings</u></p> <p>Ideal if you feel stuck in a rut, facing some challenges or want to feel confident in making changes. Our peer led support programme can support you with that and more.</p>	<p>Thursday</p>	<p>12.30pm – 2.30pm</p>
<p><u>Dance Fit</u></p> <p>Dance your way to feeling good!! Inspired by Strictly Come Dancing, this class is fast paced but fun exercise, no partner needed! If you have a health condition check with your GP before you start any new exercise routine. One off £3 fee applies</p>	<p>Wednesday</p>	<p>12.30pm – 2.30pm</p>
<p><u>FAB – Online</u></p> <p>This is an online group for those aged over 50. It's a chance to have a go at crafts, games, share memories and experiences, listen to visiting speakers and all of this in a friendly supportive environment.</p>	<p>Monday</p>	<p>10am – 11am</p>

<p><u>Introduction to Volunteering</u> Volunteer at Aspire to provide peer support, group facilitation, 1-1 support and co-produce services. No experience necessary. Lived experiences welcome. This course is the first step in becoming a Supporting Sister Volunteer Info Q & A Session TBA</p>	TBA	TBA
<p><u>Childcare Level 2 Childhood Illnesses</u> Join our Level 2 Understanding Common Childhood Illnesses course which will help you develop knowledge and understanding around childhood illnesses, and enable you to support the well-being of infants and children you may care for.</p>	Wednesday	9.30am – 11.30am
<p><u>Podiatry</u> Appointment Only</p>	Monday	9.30am – 11.30am
<p><u>A Craft for All Seasons</u> A gentle crafting support group taking you through the seasons while developing your crafting skills.</p>	Monday	12.30pm – 2.30pm
<p><u>Family Budgeting with Durham learn</u></p>	Tuesday	4 weeks

<p><u>Positive Progress</u></p> <p>Peer support and friendship group for women with low mood anxiety and depression, we share experiences and coping strategies to enable us all to look at life with a more positive slant</p>	<p>Tuesday</p>	<p>9.30am – 11.30am</p>
<p><u>Aspire to Learn</u></p> <p>This opportunity enables you to think about your own journey and combines a taster programme where you can have a try at various topics. Find out what you enjoy by exploring your options, setting and measuring smart targets and planning for your own future! One off £3 fee applies</p>	<p>Thursday</p>	<p>9.30am – 11.30am</p>
<p><u>Breakfast Club</u></p> <p>We will be providing a complimentary weekly warm healthy breakfast in our centre</p>	<p>Friday</p>	<p>9.30am – 11.30am</p>
<p><u>Craft Welcome</u></p>	<p>Friday</p>	<p>9.30am – 11.30am</p>
<p><u>Credit Union</u></p> <p>Gain guidance surrounding financial matters or simply just pop in for a coffee and a chat whilst checking on your savings. This service covers areas such as benefit guidance, savvy spending, savings advice and is also an official NE Credit Union collection point, where you can pay into your savings account and learn</p>	<p>Friday</p>	<p>10am – 12pm</p>

<p>more about financial support available in your local area, as well as having a cuppa and a chat with volunteers to find out the latest opportunities available at Aspire.</p>		
<p><u>Singing Sisters</u></p> <p>This a fun, interactive, confidence building support group. You can sing as quietly or as confidently as you like and you don't have to be able to sing you just have to want to join in! A positive end to the week.</p>	Friday	12.30pm – 2pm

Aspire Schedule January-March 2024



Monday	Tuesday	Wednesday	Thursday	Friday
Podiatry 9.30am - 11.30am by appointment only	Step Out Sisters (2nd Tuesday) 10am	Childcare Level 2 Childhood Illnesses 9.30-11.30	Aspire to Learn 9.30am - 11.30am	Breakfast Club 9.30am - 11.30pm
Introduction to Volunteering	Family Budgeting with Durham Learn 4 weeks	Dance Fit 12.30pm - 2.30pm	New Beginnings 12.30-2.30pm	Crafty Welcome 9.30am - 11.30pm
FAB Online 10am - 11am	Positive Progress 9.30-11.30am	Wild Gardening 12.30pm - 2.30pm		Credit Union 10am - 12pm
A Craft for All Seasons 12.30pm-2.30pm	FAB 12.30pm - 2.30pm			Singing Sisters 12.30pm - 2.00pm
Intro to Aspire 12.30pm - 2pm	Positive Changes Online 1pm - 2pm			
By Appointment	Podiatry	Listening Service	Befriending Service	Monthly FAB Extra

For more information please email sisters@aspire-northeast.co.uk telephone us on 0191 389 1504