

What's on for May 2023

Sign up is via email or telephone and begins
9am Monday 24th April 2023

Please email enquiries@aspire-northeast.co.uk or call 0191 3891504 with your course choices and creche requirements.

Courses start from Tuesday 2nd May 2023. 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

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

Course/Group	Day	Time
Mindful Colouring Starts Monday 15th May 2023 This is an opportunity to take some time out for yourself. Spend the session practicing mindfulness through colouring in beautiful patterns. You will have the opportunity to explore the colour wheel and experiment with colour combinations in a relaxing and supportive atmosphere. One off £3 fee applies	Monday	9.30 – 11.30
FAB - Online This is a group for those aged over 50. Gain information, take part in activities and have fun. This support and social group is a great place to try new things and makes new friends. Online via Zoom.	Monday	10.00 – 11.00
Fundraising Craft Group We are recruiting skilled crafters to use their talents to make items to help us raise funds for Aspire. Contact sisters@aspire-northeast.co.uk for more information.	Monday	12.30 – 2.30
Intro to Aspire If you are new to Aspire? This is your chance to gently find out all about Aspire and what we have to offer. Join us for our introduction group to help you settle into the project and the opportunity to socialise and meet other new women.	Monday	12.30 – 2
Step Out Sisters Open to all women. A monthly, local, women only walk. Great for your social, physical, and mental health. To book your place contact sisters@aspire-northeast.co.uk	Tuesday	9.45 leave at 10.00 on second Tuesday of the month

<p>Wild Gardening This term we are going to spend some time making seed bombs and seasonal planting in and around our Aspire building! We will be sprucing up outside getting it all ready for new growth in the springtime. We may even get the chance to build a cold frame! One off £3 fee applies</p>	Tuesday	12.30 – 2.30
<p>FAB - Fifty and Beyond 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. Additional monthly FAB social group TBA</p>	Tuesday	12.30 – 2
<p>Positive Changes - online A confidence building peer led support group to help you cope with life's changes.</p>	Tuesday	1-2 online
<p>New Beginnings 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>	Wednesday	10 - 12
<p>Dance Fit Starts Wednesday 10th May 2023 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>	Wednesday	12.30 – 2.30
<p>Positive Progress 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>	Wednesday	1-2.30
<p>Positive Choices Held in Durham City Shakespeare Hall Starts Wednesday 10th May 2023 A small friendly support group. Work together to improve your wellbeing, connect and make new friends The course will explore positive ways to manage life's ups and downs.</p>	Wednesday	1.30 -3.30
<p>Aspire to Change 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>	Thursday	9.30 – 11.30
<p>Stay Safe Feel Well A safe support group, for women with lived experience of any</p>	Thursday	9.30 – 11.30

aspect of self-harm or suicide. Explore your feelings using scrap booking to create a positive collage to help build self-resilience and confidence.		
<p>Introduction to Supporting Sisters Volunteering Volunteers 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.</p> <p>Info Q & A session 04/05/23 1– 2.30</p>	Thursday	1230-230 Starts 11th May
<p>Savvy Sisters Credit Union and Information 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 where you can pay into your savings account and learn more about financial support available in your local area.</p>	Friday	10 - 12
<p>Singing Sisters 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 New Intake	12.30 – 2 Starts 5th May
<p>Domestic Abuse safe space support – online Peer led Information, advice, and signposting for those who have been affected in anyway by domestic abuse and/or violence including those supporting someone who is experiencing abuse. Sessions are held via Zoom.</p>	Friday	1 st Friday of every month 12.30 – 1.30
<p>Suicide and Self Harm safe space support - online Peer led Information, advice, and signposting for those who have been affected in anyway by suicide and/or self-harm including those supporting someone who is experiencing it personally. Sessions are held via Zoom.</p>	Friday	3 rd Friday of Every month 12.30 – 1.30
<p>Craft 4 all seasons A gentle crafting support group taking you through the seasons while developing your crafting skills.</p>	TBC	TBC