

## What's on for Autumn 2023

Sign up is via email or telephone and begins 9am Monday September 4<sup>th</sup> 2023

Please email [enquiries@aspire-northeast.co.uk](mailto:enquiries@aspire-northeast.co.uk) or call 0191 3891504 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](mailto:enquiries@aspire-northeast.co.uk)

**Money Works Sept 7<sup>th</sup> 10am – 3pm**

This is a one-day event where you will discover lots of crafty tricks and tips to help to make the most of your family finances! Come along and spend the day with our version of Martin Lewis!!!

**Driving Theory Course**

If you want to take the first steps into passing your driving test we can help with that as we are hosting a 5 week Driving Theory Course, where we will support you to pass your Driving Theory test!!

To book a place on either of these exciting opportunities

email [colleenbaker@aspire-northeast.co.uk](mailto:colleenbaker@aspire-northeast.co.uk)

Sessions/Group/Courses	Day	Time
<p><b>Mindful Colouring</b>  <b>Starts Monday 11<sup>th</sup> Sept 2023</b>                      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.  <b>One off £3 fee applies</b></p>	Monday	9.30 – 11.30

<p><b>Intro to Aspire</b>          Are you are new to Aspire? Then 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	12.30 – 2
<p><b>Step Out Sisters</b>          Open to all women. A monthly, local, women only walk. Great for your social, physical, and mental well being. To book your place contact <a href="mailto:sisters@aspire-northeast.co.uk">sisters@aspire-northeast.co.uk</a></p>	Tuesday	9.45 leave at 10.00 on second Tuesday of the month
<p><b>Wild Gardening</b>          This term we are going to spend some time making bird houses and doing some seasonal planting in and around our Aspire building! We will be sprucing up outside getting it all ready for the new growth in springtime. <b>One off £3 fee applies</b></p>	Tuesday	12.30 – 2.30
<p><b>FAB - Fifty and Beyond</b>          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><b>Additional monthly FAB Extra- social group TBA</b></p>	Tuesday	12.30 – 2
<p><b>Positive Changes</b>          A confidence building peer led support group to help you cope with life's changes.</p>	Tuesday	1-2 <b>online</b>
<p><b>New Beginnings</b>          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><b>Dance Fit</b>  <b>Starts Wednesday 13<sup>th</sup> September 2023</b>          Dance your way to feeling good!! Inspired by Strictly Come Dancing, this class is fast paced but fun exercise, no partner needed! <b>If you have a health condition check with your GP before you start any new exercise routine.</b>  <b>One off £3 fee applies</b></p>	Wednesday	12.30 – 2.30
<p><b>Positive Progress</b>          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><b>Positive Choices</b>  <b>Held in Durham City Shakespeare Hall</b>  <b>Starts Wednesday 4<sup>th</sup> October 2023</b>          A small friendly support group. Work together to improve your wellbeing, connect and make new friends The course will explore</p>	Wednesday	1.30 -3.30

positive ways to manage life's ups and downs.		
<p><b>Aspire to Change</b>  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!  <b>One off £3 fee applies</b></p>	Thursday	9.30 – 11.30
<p><b>Stay Safe Feel Well</b>  A safe support group, for women with lived experience of any 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>	Thursday	9.30 – 11.30
<p><b>Introduction to Volunteering</b>  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 &amp; A session TBA</p>	TBA	TBA
<p><b>Savvy Sisters Credit Union, Information and Drop in</b>  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 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>	Friday	10 - 12
<p><b>Singing Sisters</b>  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	12.30 – 2
<p><b>A Craft 4 all seasons</b>  A gentle crafting support group taking you through the seasons while developing your crafting skills.</p>	Friday	9.30 – 11.30

**We are delighted to say that we are also offering a Fused Glass Course and a Ceramics Course. Both are 4 weeks long. Times and dates to be arranged - just express your interest.**