

Recommended Donation £2

December 1st- 30th 2023



TIME TABLE

Friday 1st December-

Crochet for Projects 2-4PM
Friday Night Chill Club- 4-6PM

Donation
Donation

Monday 4th December-

Wellness and Recovery Check-in 11-12PM
Where am I?- Workshop- 1-3PM
Christmas Card Making 2-4PM
Dungeons and Dragons 4-6PM- Mixed Ages

Donation
£5
Donation

Tuesday 5th December-

Carers Northumberland Support Group 10-11AM
Very Crafty Week 3- Book Folded Trees- 2-4PM

£6

Wednesday 6th December-

Knit and Natter 1:30-3:30PM
Kindness Creations 1:30-3:30PM
Dungeons and Dragons Adult session 6-8PM

£1.50
Donation
Donation

Thursday 7th December-

Chameleon Buddies Stoma Support Group 7-8PM

Friday 8th December-

Creative Writing 10-11:30AM
Crochet for Projects 2-4PM
Friday Night Chill Club (13-18yrs) 4:30-6PM
Christmas Bingo Session! 6PM

Donation
Donation
£3.50

Monday 11th December-

Wellness and Recovery Check-in 11-12PM
Christmas Card Making 2-4PM
Dungeons and Dragons 4-6PM

Donation
£5
Donation

Tuesday 12th December-

Very Crafty- Iris Folded Christmas Cards- 2-4PM

£6

Wednesday 13th December-

Hear Today Support group 10:30-12PM
Knit and Natter 1:30-3:30PM
Kindness Creations 1:30-3:30PM
Christmas Light Walk- 4:30PM
Dungeons and Dragons- Adults only group 6-8PM

Donation
£1.50
Donation
£3
Donation

Thursday 14th December-

Chameleon Buddies Childbirth Trauma
support Group 7-8PM

Friday 15th December-

Creative Writing 10-11:30AM
Crochet for Projects 2-4PM
The Friday Night Chill Club (13-18yrs) 4:30-6PM

Donation
Donation

Saturday 16th December-

Christmas Cookie Decorating 10:30-12PM

£5

Monday 18th December-

Wellness and Recovery Check-in 11-12PM

Donation



Walk Timetable

The last week for Walking and Talking sessions is Week commencing 11th of December last walk of the year will be amble walking and talking on Friday 15th of December

All walks will be back Week commencing the 8th of January

Hub Opening Hours

Monday 18th December– 9–5PM for meetings and warm space

Tuesday 19th December– 9–5PM for meetings and warm space

Wednesday 20th December– 9–12PM Warm Space

Thursday 21 December– Wednesday 3rd January

Closed!



Walk Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Berwick 10:30 Parade Car Park	Alnwick 10:30 Alnwick Doctors Surgery	The Nippy Soles 10:30AM @The Hub	Morpeth 11:30 Blind association centre	Amble 10:30 Doctors Surgery
PM	Wooler 11:30AM Cheviot Center	Druridge Bay 1:30 At Cafe			



Mind Dippers

All Information and updates shared on
facebook @minddippers!
Follow us on facebook
@TheMindAndSoleHub



Christmas Events

Monday 4th December- Christmas Card Decorating - £5- 2-4PM

Tuesday 5th December- Very Crafty Angel Making- £6- 2-4PM

Friday 8th December- Christmas Bingo - £3.50 6PM

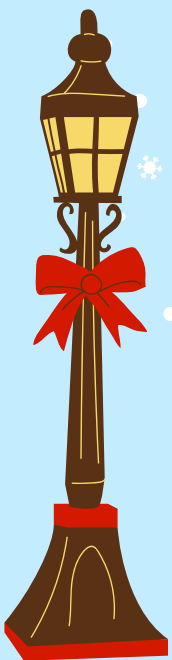
Monday 11th December- Christmas Card Making - £5- 2-4PM

Tuesday 12th December- Very Crafty Iris Folded Christmas Cards- £6- 2-4PM

Wednesday 13th December- Christmas Lights Walk- £3- 4:30PM

Friday 15th December - Santa's Workshop- 4PM

Saturday 16th December- Christmas Cookie Decorating- £5- 1:30-12PM



MERRY
Christmas
AND HAPPY NEW YEAR



www.mindandsolealnwick.com

Visit our website for further information and up to date
times.

December 2023

Whats on?



Monday

Wellness and Recovery check-in

Come along and join us on a Monday 11-12PM and have a friendly chat. Everyone welcome to help promote recovery and talk in a peer to peer setting

Cancer Support Group

Here to support anyone who is on the pathways of cancer, and their family and friends. Once per month.

Dungeons and Dragons

Our Monday mixed age dungeons and dragons group runs every Monday, 4-6:30PM! Beginner welcome!

Crafty Tuesdays

All of our craft sessions normally run on a Tuesday! Come along and join us for a fun filled crafternoon!

Tuesday

1st Tuesday Every month- Carers Northumberland 10-11AM

Wednesday

KNIT AND NATTER

Bring along your knitting projects for a natter and a cup of tea / coffee 1:30pm to 3:30pm

KINDNESS CREATIONS

Come along to this free session and craft some lovely items to give to the local community.

DUNGEONS AND DRAGONS- ADULT ONLY

After the great success of our mixed age dungeons and dragons session on MONDAYS, we have decided to start this brand new adults only session!

Thursday

Chameleon Buddies

Stoma support groups 1st Thursday of the month
Birth Trauma Support Group 2nd Thursday of the month

Friday

Crochet for Projects

Come join our newly formed, intermediate crochet group. To develop skills and make some cool projects! £2 per session 2-4PM

The Friday Night Chill Club

This group is for 13-18yr old's who are looking for a chill fun environment to relax and unwind. (Parents/ Guardians can stay and sit in the cafe area.)



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