



TimeTable

Monday 8th April-	Wellness and Recovery Check-in 11-12PM Dungeons and Dragons 13-18yrs	Donation Donation
Tuesday 9th April-	Reading for Wellbeing 2-3PM The Chill Club 4-6PM	Donation Donation
Wednesday 14th April-	Mind Matters - Workshop 10-12 Hear Today Support Group 10-12PM Knit and Natter 1:30-3:30PM Dungeons and Dragons (Adult) 4:30-6:30PM	Donation Donation £1.50 Donation
Thursday 15th April-	Crochet for beginners (prebooked workshop) 10:30-12PM	Prepaid
Monday 15th April-	Wellness and Recovery Check-in 11-12PM Dungeons and Dragons 13-18yrs	Donation Donation
Tuesday 16th April-	Reading for Wellbeing 2-3PM The Chill Club 4-6PM	Donation Donation
Wednesday 17th April-	Mind Matters - Workshop 10-12 Knit and Natter 1:30-3:30PM Dungeons and Dragons (Adult) 4:30-6:30PM	Donation £1.50 Donation
Thursday 18th April-	Crochet for beginners (prebooked workshop) 2-4PM	Prepaid
Monday 22nd April-	Wellness and Recovery Check-in 11-1PM	Donation
Tuesday 23rd April-	Reading for Wellbeing 2-3PM The Chill Club 4-6PM	Donation Donation
Wednesday 24th April-	Mind Matters - Workshop 10-12 Knit and Natter 1:30-3:30PM Dungeons and Dragons (adults) 4:30-6:30PM	Donation £1.50 Donation
Thursday 25th April-	Crochet for Beginners (prebooked workshop) 10:30-12PM Art for Mindfulness 10-12PM	Prepaid Prepaid



Monday 29th April-	Wellness and Recovery Check-in 11-1PM	Donation
Tuesday 30th April-	Carers Northumberland support group 10-11AM Reading for wellbeing 2-3PM Crochet Mini Workshop for Granny squares 2PM	Donation Donation Prepaid
Wednesday 1st May-	Mind Matters - Workshop 10-12 Knit and Natter 1:30-3:30PM Dungeons and Dragons (adults) 4:30-6:30PM	Donation £1.50 Donation
Thursday 2nd May-	Crochet for beginners (prebooked workshop) 10:30AM Art for Mindfulness 10-12PM	Prepaid Prepaid



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 1PM At Cafe			



NEW OPENING TIMES

Monday	9-5PM
Tuesday	9-5PM
Wednesday	9-6PM
Thursday	Workshops
Friday	CLOSED

Mind Dippers

To join, please ask for a
FREE Membership form.

Follow us on facebook
@TheMindAndSoleHub



SCAN ME

www.mindandsolealnwick.com

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

April 2024

Whats on?

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

Monday

Cancer Support Group

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

Tuesday

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

Reading for wellbeing

Meeting every Tuesday 2-3PM!

The 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.)

Wednesday

KNIT AND NATTER

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

Mind Matters: Navigating psychological Wellness.

This brand new workshop with Dr Darren Adamson to help build resilience and create coping strategies and increase emotional regulation.

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!

Workshops

Art for Mindfulness £30 per person

4 weeks starting Thursday April 25th 10-12PM

After the success of the first art for mindfulness, we are excited to bring you this next set of sessions! **Booking and payment essential in advance.**

Mini workshop Crochet Sunburst Granny Square £10 per person

2-3 weeks starting Tuesday April 30th 2PM

In continuation to the beginners crochet session, we are running a mini workshop to extend your skills. **Booking and payment essential in advance.**

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General Enquiries

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