






















CHRISTMAS DECEMBER 2020 FESTIVITIES



ORGANISATION TELEPHONE CONTACT DETAILS	TUESDAY 1ST	WEDNESDAY 2ND	THURSDAY 3RD	FRIDAY 4TH
 <p>Contact 0191 -4566903</p> <p>****</p>  <p>Contact: 0191 4275443</p> <p>****</p>  <p>Contact: 0191 4271666</p> <p>****</p>  <p>Contact: 0191 4270011</p> <p>****</p>	 <p>inform, Involve, Include.</p> <p>IT/Digital inclusion 10.00 – 11.30 am</p> <p>Self-Care 12.30 – 3.00pm</p> <hr/>  <p>Carers Group 1:45 -3pm</p> <hr/>  <p>Your Voice Counts</p> <p>2:00-3:00: Quiet Group A small group for those who prefer to have a quieter get together with others. Limited spaces Contact: Hannah</p> <hr/>  <p>WHERE'S MACK - 11:00am FACEBOOK (First Message with correct location will receive a token prize)</p> <p>CHRISTMAS SONGS-40'S – 90'S COMPILATION</p> <hr/>  <p>WOMEN'S HEALTH IN SOUTH TYNESIDE</p>	 <p>inform, Involve, Include.</p> <p>Self-Care 10.00 – 12.30 pm</p> <p>Self-Care 1.00 – 2.30 pm</p> <hr/>  <p>Your Voice Counts</p> <p>10:00-11:00: Accessible Fitness (Starting 16th Sep 2020) A fitness class run by energetic instructor Sarah to help us keep fit to music. Open to anyone – introductory chat needed with a YVC member of staff first to ensure accessibility. Contact: Hannah</p> <p>2:00-3:30: Self-Advocacy Meetings Meetings are chaired by self-advocates and support members to speak up and have their voices heard on issues that affect their lives in their communities and beyond. Open to people with learning disabilities and/or autism. Contact: Amy, Joanne or Terri</p> <hr/>  <p>WHERE'S MACK - 11:00am FACEBOOK (First Message with correct location will receive a token prize)</p>	 <p>inform, Involve, Include.</p> <p>Self-Care 10.00 – 12.30 pm</p> <p>IT/Digital Inclusion 1.00 -2.30 pm</p> <hr/>  <p>Your Voice Counts</p> <p>3:00-4:30: Digital Voice Project and other activities Activities are decided by attendees, alongside activities and short film making. Open to people with learning disabilities and/or autism. Contact: Amy, Joanne or Terri</p> <hr/>  <p>WHERE'S MACK - 11:00am FACEBOOK (First Message with correct location will receive a token prize)</p> <hr/>  <p>WOMEN'S HEALTH IN SOUTH TYNESIDE</p> <p>Thursday gardening group – Meets in the WHIST garden each Thursday at 10am</p>	 <p>inform, Involve, Include.</p> <p>Quiz and Bingo 1-3 pm</p> <hr/>  <p>Elf Day Charity Dress up</p> <hr/>  <p>Your Voice Counts</p> <p>10:30-12:00: Mindfulness Practice Sessions To support course members to continue using mindfulness in their daily lives. The sessions include guided meditations and discussions. Open to people with learning disabilities and/or autism who have attended a Mindfulness for Life course or similar. Contact: Terri or Jane</p> <p>2:00-3:00: Catch up and a Cuppa An online group chat where people chat in small groups about what they are interested in whilst enjoying a cup of tea. Open to anyone - introductory chat needed with a YVC member of staff first to ensure accessibility. Contact: Naomi or Danielle</p> <hr/>



Contact: 0191 4785959



Contact: 0191 4277000 / Emergency (out of hours 4556111)

THE CULTURAL SPRING

Contact: 0191- 4278197



Contact: 0191 277 2297



Contact: 0191 4546959

Tuesday fortnightly craft workshops from 1st December

Please contact WHiST via phone or email on 01914546959 / info@whist.org.uk if you are interested in attending any of our services or would like more information and support to access Zoom online sessions



Wednesday Olive & Linda's' Brunch – 10.00am -1.30pm

Please contact WHiST via phone or email on 01914546959 / info@whist.org.uk if you are interested in attending any of our services or would like more information and support to access Zoom online sessions

Thursday Card making and Christmas crafts 1-2.30 from 22nd October (Zoom access also available)

Thursday fortnightly photography group – meets at 1pm in various locations throughout South Tyneside. Contact the office for more information.

Please contact WHiST via phone or email on 01914546959 / info@whist.org.uk if you are interested in attending any of our services or would like more information and support to access Zoom online sessions

ACTS

age concern TYNESIDE SOUTH

WHERE'S MACK - 11:00am FACEBOOK (First Message with correct location will receive a token prize)

14:00-15:30-Zoom Pub Quiz



Relaxation with Jenny – Fridays 1pm

Please contact WHiST via phone or email on 01914546959 / info@whist.org.uk if you are interested in attending any of our services or would like more information and support to access Zoom online sessions



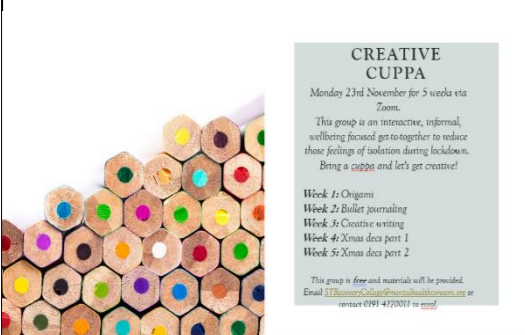
Contact: 0191 4787472

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MONDAY 7TH



Tyne and Wear Archives and Museums - A History of Christmas traditions
Cards, Trees, Crackers and Cats!
(the cats part isn't a tradition, but a nice story about a cat helping a soldier in WW1!)



Email joanne.charlton@twmuseums.org.uk if interested and to obtain the Zoom link

1-2pm on Monday the 7th Dec and 10.30-11.30 on Wed the 15th Dec

BLISS=Ability

inform, Involve, Include

Welfare Calls



Improving the mental health and wellbeing of the people we serve

*

TUESDAY 8TH

BLISS=Ability

inform, Involve, Include

IT/Digital inclusion
10.00 – 11.30 am
Welfare Calls

Self-Care
12.30 – 3.00 pm
Welfare Calls



Your Voice Counts

2:00-3:00: Quiet Group
A small group for those who prefer to have a quieter get together with others. Limited spaces
Contact: Hannah



WHERE'S MACK - 11:00am FACEBOOK (First Message with correct location will receive a token prize)

CHRISTMAS SONGS-40'S – 90'S

COMPILATION



Tuesday Creative writing group from 13th October 1pm to 2.30pm. (Zoom access also available)

Please contact WHiST via phone or email on 01914546959 / info@whist.org.uk if you are interested in attending any of our services or would like more information and support to access Zoom online sessions

WEDNESDAY 9TH

BLISS=Ability

inform, Involve, Include

Self-Care
10.00 – 12.30 pm
Welfare Calls

Self-Care
1.00 – 2.30 pm
Welfare Calls



Your Voice Counts

10:00-11:00: Accessible Fitness (Starting 16th Sep 2020)
A fitness class run by energetic instructor Sarah to help us keep fit to music. Open to anyone – introductory chat needed with a YVC member of staff first to ensure accessibility.
Contact: Hannah

2:00-3:30: Self-Advocacy Meetings
Meetings are chaired by self-advocates and support members to speak up and have their voices heard on issues that affect their lives in their communities and beyond. Open to people with learning disabilities and/or autism.
Contact: Amy, Joanne or Terri



WHERE'S MACK - 11:00am FACEBOOK (First Message with correct location will receive a token prize)



THURSDAY 10TH

BLISS=Ability

inform, Involve, Include

Self-Care
10.00 – 12.30 pm
Welfare Calls
IT/Digital Inclusion 1.00 -2.30 pm
Welfare Calls



Your Voice Counts

3:00-4:30: Digital Voice Project and other activities
Activities are decided by attendees, alongside activities and short film making. Open to people with learning disabilities and/or autism. Contact: Amy, Joanne or Terri



WHERE'S MACK - 11:00am FACEBOOK (First Message with correct location will receive a token prize)



Thursday gardening group – Meets in the WHiST garden each Thursday at 10am

Thursday Card making and Christmas crafts 1-2.30 from 22nd October (Zoom access also available)

Thursday fortnightly photography group – meets at 1pm in various locations throughout South Tyneside. Contact the office for more information

FRIDAY 11TH

BLISS=Ability

inform, Involve, Include

Quiz and Bingo
1-3 pm
Welfare Calls



Your Voice Counts

10:30-12:00: Mindfulness Practice Sessions To support course members to continue using mindfulness in their daily lives. The sessions include guided meditations and discussions. Open to people with learning disabilities and/or autism who have attended a Mindfulness for Life course or similar. Contact: Terri or Jane

2:00-3:00: Catch up and a Cuppa
An online group chat where people chat in small groups about what they are interested in whilst enjoying a cup of tea. Open to anyone - introductory chat needed with a YVC member of staff first to ensure accessibility.
Contact: Naomi or Danielle



WHERE'S MACK - 11:00am FACEBOOK (First Message with correct location will receive a token prize)

14:00-15:30-Zoom Pub Quiz





Your Voice Counts

12:00-2:00: Cooking with Confidence

A cooking group with step by step instructions and group support to cook tasty meals at home.

Every 2 weeks.

Contact: Naomi or Danielle

3:00-4:00: The Creative Crew.

A peer-led group for those with a creative flair. This will include a mixture of arts and crafts using basic things around the home and learning new art/drawing techniques.

Contact: Hannah



WHERE'S MACK - 11:00am FACEBOOK (First Message with correct location will receive a token prize)

11:00-12:00 - Zoom Seated Exercise

14:00-15:30 - Zoom Book Club



Recovery and Resilience. A 10 week course delivered from WHIST and online via Zoom starting Monday 23rd November, 2pm to 4pm. We will look at self care techniques, motivation and planning for the future you. There will be 5 weeks before Christmas. We will resume on Monday 11th January 2021.

This week is the Monday fortnightly healthy living – 11-12
(Zoom access also available)

THE CULTURAL SPRING

<http://theculturalspring.org.uk/workshops/> There are two short craft sessions (with a range of times available) still open to participants, one taking place in December and one in January. emma.horsman@theculturalspring.org.uk



Wednesday fortnightly - Living well with long term health conditions from 16th Sept at 1.30pm.

Please ring the office in advance to book a place.

Wednesday Olive & Linda's' Brunch – 10.00am -1.30pm

Please contact WHiST via phone or email on 01914546959 / info@whist.org.uk if you are interested in attending any of our services or would like more information and support to access Zoom online sessions

9th December – 10am – 11.30am

'VI Christmas Survival Guide'

Designed and delivered by our professional vision impaired Counsellor, this workshop will help you and your family survive the bright lights and gift giving of Christmas! With helpful hints and tips as well as practical solutions to some common problems faced by people living with sight loss at Christmas.

The workshop will be held over zoom with a dial in option. To find out more and book, contact Claire.campbell@sightservice.co.uk

Please contact WHiST via phone or email on 01914546959 / info@whist.org.uk if you are interested in attending any of our services or would like more information and support to access Zoom online sessions

Relaxation with Jenny – Fridays 1pm


Please contact WHiST via phone or email on 01914546959 / info@whist.org.uk if you are interested in attending any of our services or would like more information and support to access Zoom online sessions

On Zoom

Monday healthy living drop in – 11-12 alternate Mondays 23rd November

Please contact WHiST via phone or email on 01914546959 / info@whist.org.uk if you are interested in attending any of our services or would like more information and support to access Zoom online sessions

MONDAY 14TH

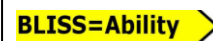


Improving the mental health and wellbeing of the people we serve

CREATIVE CUPPA
 Monday 23rd November for 5 weeks via Zoom.
 This group is an interactive, informal, wellbeing focused get-together to reduce those feelings of isolation during lockdown. Bring a cuppa and let's get creative!

Week 1: Origins
 Week 2: Bullet journaling
 Week 3: Creative writing
 Week 4: Xmas decs part 1
 Week 5: Xmas decs part 2

This group is free and materials will be provided.
 Email: Joanne.Charlton@twmuseums.org.uk or contact 0191 4720011 to enquire



inform, Involve, Include.

Welfare Calls



Ring and Sing 2 – 3pm



Your Voice Counts

12:00-2:00: Cooking with Confidence

A cooking group with step by step instructions and group support to cook tasty meals at home. Every 2 weeks.

Contact: Naomi or Danielle

3:00-4:00: The Creative Crew.

A peer-led group for those with a creative flair. This will include a mixture of arts and crafts using basic things around the home and learning new art/drawing techniques.

Contact: Hannah



TUESDAY 15TH



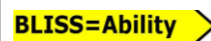
Tyne and Wear Archives and Museums - A History of Christmas traditions

Cards, Trees, Crackers and Cats!

(the cats part isn't a tradition, but a nice story about a cat helping a soldier in WW1!)

Email joanne.charlton@twmuseums.org.uk if interested and to obtain the Zoom link

1-2pm on Monday the 7th Dec and 10.30-11.30 on Wed the 15th Dec



inform, Involve, Include.

IT/Digital inclusion

10.00 – 11.30 am
Welfare Calls

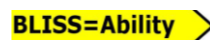
Self-Care

12.30 – 3.00 pm
Welfare Calls



Carers Group 1:45 – 3pm

WEDNESDAY 16TH



inform, Involve, Include.

Self-Care

10.00 – 12.30 pm
Welfare Calls

Self-Care

1.3 – 2.30 pm
Welfare Calls



Your Voice Counts

10:00-11:00: Accessible Fitness (Starting 16th Sep 2020)

A fitness class run by energetic instructor Sarah to help us keep fit to music. Open to anyone – introductory chat needed with a YVC member of staff first to ensure accessibility.

Contact: Hannah

2:00-3:30: Self-Advocacy Meetings

Meetings are chaired by self-advocates and support members to speak up and have their voices heard on issues that affect their lives in their communities and beyond. Open to people with learning disabilities and/or autism.

Contact: Amy, Joanne or Terri



WHERE'S MACK - 11:00am FACEBOOK
(First Message with correct location will receive a token prize)

THURSDAY 17TH



inform, Involve, Include.

Self-Care

10.00 – 12.30 pm
Welfare Calls

IT/Digital Inclusion 1.00 -2.30 pm

Welfare Calls



Your Voice Counts

3:00-4:30: Digital Voice Project and other activities

Activities are decided by attendees, alongside activities and short film making. Open to people with learning disabilities and/or autism. Contact: Amy, Joanne or Terri



WHERE'S MACK - 11:00am FACEBOOK
(First Message with correct location will receive a token prize)



Thursday gardening group – Meets in the WhiST garden each Thursday at 10am

FRIDAY 18TH



inform, Involve, Include.

Quiz and Bingo
1-3 pm
Welfare Calls



Your Voice Counts

10:30-12:00: Mindfulness Practice Sessions To support course members to continue using mindfulness in their daily lives. The sessions include guided meditations and discussions. Open to people with learning disabilities and/or autism who have attended a Mindfulness for Life course or similar. Contact: Terri Jane

2:00-3:00: Catch up and a Cuppa

An online group chat where people chat in small groups about what they are interested in whilst enjoying a cup of tea. Open to anyone - introductory chat needed with a YVC member of staff first to ensure accessibility. Contact: Naomi or Danielle



WHERE'S MACK - 11:00am FACEBOOK
(First Message with correct location will receive a token prize)

14:00-15:30-Zoom Pub Quiz



WHERE'S MACK - 11:00am FACEBOOK (First Message with correct location will receive a token prize)

11:00-12:00 - Zoom Seated Exercise

14:00-15:30 - Zoom Book Club



Recovery and Resilience. A 10 week course delivered from WHiST and online via Zoom starting Monday 23rd November, 2pm to 4pm. We will look at self care techniques, motivation and planning for the future you. There will be 5 weeks before Christmas. We will resume on Monday 11th January 2021

On Zoom

Monday healthy living drop in – 11-12 alternate Mondays from 23rd November

Please contact WHiST via phone or email on 01914546959 / info@whist.org.uk if you are interested in attending any of our services or would like more information and support to access Zoom online sessions

14th December – 10am- 11.30am
'Communicate at Christmas'
Find out about digital and analogue communication tools for people living with sight loss, their friends and families. The workshop will include an overview and start up guide for the latest in digital tech as well as mobile and analogue telephone options for communication.



Your Voice Counts

2:00-3:00: Quiet Group

A small group for those who prefer to have a quieter get together with others. Limited spaces

Contact: Hannah



WHERE'S MACK - 11:00am FACEBOOK (First Message with correct location will receive a token prize)

CHRISTMAS SONGS-40'S – 90'S COMPILATION



Tuesday Creative writing group from 13th October 1pm to 2.30pm. (Zoom access also available)

Tuesday fortnightly craft workshops

Please contact WhiST via phone or email on 01914546959 / info@whist.org.uk if you are interested in attending any of our services or would like more information and support to access Zoom online sessions

THE CULTURAL SPRING

We will be having a community conversation on Tuesday 15 December, 4-5pm (this will be online). Two – three groups talk about what they are doing



Wednesday Olive & Linda's' Brunch – 10.00am -1.30pm

Please contact WhiST via phone or email on 01914546959 / info@whist.org.uk if you are interested in attending any of our services or would like more information and support to access Zoom online sessions

16th December – 10am – 11.30am
'VI Christmas Survival Guide'

Designed and delivered by our professional vision impaired Counsellor, this workshop will help you and your family survive the bright lights and gift giving of Christmas! With helpful hints and tips as well as practical solutions to some common problems faced by people living with sight loss at Christmas.

The workshop will be held over zoom with a dial in option. To find out more and book, contact Claire.campbell@sightservice.co.uk



Thursday Card making and Christmas crafts 1-2.30 from 22nd October (Zoom access also available)

Thursday fortnightly photography group – meets at 1pm in various locations throughout South Tyneside. Contact the office for more information

Please contact WhiST via phone or email on 01914546959 / info@whist.org.uk if you are interested in attending any of our services or would like more information and support to access Zoom online sessions

17th December – 10am- 11.30am
'Virtual Christmas Cards'
Design and send your own virtual Christmas Cards. This session is designed for people living with sight loss, their friends and families. The workshop will be held over zoom with a dial in option. To find out more and book, contact ellie.mahoney@sightservice.co.uk



Relaxation with Jenny – Fridays 1pm

Please contact WHiST via phone or email on 01914546959 / info@whist.org.uk if you are interested in attending any of our services or would like more information and support to access Zoom online sessions

The workshop will be held over zoom with a dial in option. To find out more and book, contact ellie.mahoney@sightservice.co.uk

and how people can get involved there is an opportunity for discussion. emma.horsman@theculturalspring.org.uk

MONDAY 21ST

BLISS=Ability
inform, Involve, Include.

Welfare Calls



Improving the mental health and wellbeing of the people we serve



CREATIVE CUPPA
Monday 23rd November for 5 weeks via Zoom.
This group is an interactive, informal, wellbeing focused get-together to reduce those feelings of isolation during lockdown. Bring a cuppa and let's get creative!

Week 1: Origami
Week 2: Bullet journaling
Week 3: Creative writing
Week 4: Xmas decs part 1
Week 5: Xmas decs part 2

This group is free and materials will be provided.
Email: bliss@mentalhealthconcern.org or contact 0191 4370011 to join!



Ring and Sing 2-3pm
Christmas Cafe 3:30 – 4:30pm



12:00-2:00: Cooking with Confidence
A cooking group with step by step instructions and group support to cook tasty meals at home.
Every 2 weeks.
Contact: Naomi or Danielle

3:00-4:00: The Creative Crew.
A peer-led group for those with a creative flair. This will include a mixture of arts and crafts using basic things around the home and learning new art/drawing techniques.
Contact: Hannah

TUESDAY 22ND

BLISS=Ability
inform, Involve, Include.

IT/Digital inclusion
10.00 – 11.30 am
Welfare Calls

Self-Care
12.30 – 3.00 pm
Welfare Calls



Your Voice Counts

2:00-3:00: Quiet Group
A small group for those who prefer to have a quieter get together with others. Limited spaces
Contact: Hannah

ACTS
age concern
TYNESIDE SOUTH
WHERE'S MACK - 11:00am FACEBOOK
(First Message with correct location will receive a token prize)

CHRISTMAS SONGS-40'S – 90'S COMPILATION

ACTS WILL BE DELIVERING CARDS MADE BY LOCAL SCHOOLS AND OTHER ORGANISATIONS TO ISOLATED AND LONELY PEOPLE



Tuesday Creative writing group from 13th October 1pm to 2.30pm. (Zoom access also available)

BLISS=Ability
inform, Involve, Include.

Self-Care
10.00 – 12.30 p
Welfare Calls

Self-Care
1.00 – 2.30 p
Welfare Calls



Your Voice Counts

10:00-11:00:
16th Sep 202
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YVC member accessibility.
Contact: Han

2:00-3:30: Se
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WHERE'S MACK - 11:00am FACEBOOK
(First Message with correct location will receive a token prize)

11:00-12:00 - Zoom Seated Exercise

14:00-15:30 - Zoom Book Club

ACTS WILL BE DELIVERING OVER 100 HAMPERS TO ISOLATED AND LONELY PEOPLE



Recovery and Resilience. A 10 week course delivered from WHIST and online via Zoom starting Monday 23rd November, 2pm to 4pm. We will look at self care techniques, motivation and planning for the future you. There will be 5 weeks before Christmas. We will resume on Monday 11th January 2021.

Monday fortnightly healthy living – 11-12
(Zoom access also available)

On Zoom

Monday healthy living drop in – 11-12 alternate Mondays from 23rd November

Please contact WHIST via phone or email on 01914546959 / info@whist.org.uk if you are interested in attending any of our services or would like more information and support to access Zoom online sessions

Tuesday fortnightly craft workshops

Please contact WHIST via phone or email on 01914546959 / info@whist.org.uk if you are interested in attending any of our services or would like more information and support to access Zoom online sessions

Wednesday fortnightly long term health conditions
Please ring the number above to book your place.

Wednesday fortnightly 10.00am -1.30pm

Please contact WHIST via phone or email on 01914546959 / info@whist.org.uk if you are interested in attending any of our services or would like more information and support to access Zoom online sessions

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MONDAY 28th



Where's Mack FACEBOOK -11:00am (First Message with correct location will receive a token prize)

Council Carol Service

TUESDAY 29TH



Where's Mack FACEBOOK -11:00am (First Message with correct location will receive a token prize)

11:30 – 12:30 Zoom Scavenger hunt



Where's Mack with correct lo

11:30 – 12:30 –