

St. Joseph's Catholic Church, High West Street

Programme of Events - 10th October

10.30am - 4.30pm Stalls will be available all day covering topics that promote positive steps towards protecting mental well-being for everyone.
Refreshments will be available to buy all day.

12noon - 1.00pm There will be a live band

1.00pm - 5.00pm Tyne and Wear Museums will be running taster sessions for those who would like to try their hand at art.

Pathways and Tyneside Women's Health will be running a session to create small collages using magazine/newspaper cuttings.

The Primary Care Mental Health Team will be running through relaxation techniques as well as offering aromatherapy.

1.00pm - 3.00pm Gateshead Council's Arts Development Team will be holding a drama session for a maximum of 10 people.*

A cycling session will run for up to 16 people. A physical activity screening form will have to be completed before going on the ride. All bikes, helmets, waterproof jackets etc. will be provided on the day.*

4.00pm - 6.00pm A second drama session is available for a maximum of 10 people.*

A second cycling session is available for a maximum of 16 people.*

** Unfortunately due to limited numbers the places for the drama and cycling will be allocated on a first come, first served basis. So if you're interested don't hesitate to sign up! Call (0191) 433 5684 to pre-book your place.*