

Due to Covid 19 advanced booking is essential for all sessions  
 please contact [ali.donkin@voda.org.uk](mailto:ali.donkin@voda.org.uk) for details

Delivery at Wallsend Boys Club Rheydt Ave, Wallsend NE28 8SX

Day	10am	11am	12pm
Starting Monday 4th January	Arrive from 10.45am	Start 4th January Newcastle United Foundation Mental Health Football	

Please ensure suitable clothing & footwear for astroturf

	Appointments - bookable
	Face to Face Session
	Online Sessions
	Fully booked sessions

Delivery in Room 11A, Linskill Centre, Linskill Terrace, North Shields, NE30 2AY or online

Day	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm
Monday				Chatterbox Ali Donkin							
Tuesday	Creative Writing Emma Farrell ONLINE 10am - 12 noon			Art Group Mick Turnbull		Books & Beyond Emma Farrell					
Wednesday				DB Cuppa T Julie Bishop ONLINE		DBT Skills Julie Bishop, Emma Farrell, ONLINE					
Thursday	Craft Group Ali Donkin			Chatterbox Ali Donkin					Carers Support Group Lesley & Julie ONLINE		
Friday			Mindfulness & Relaxation Phil Saint ONLINE 12.30 - 1.30pm								

For enrolment or booking contact  
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