

Pioneering Care Partnership (PCP)
List of funded Happiness Hubs
2022



Completed project – however activities may still be ongoing

App No.	Project Provider	Project Name	PCN Area	Project Outline	Target Market	Day/ Time	Contact Details
2020-2021							
3	Trimdon Grange Community Centre	Community Reconnections	Durham East	To provide drop ins supported by staff and volunteers, with refreshments for clients. Services will include: Signposting to mental health support services and support groups and activities. Teaching people how to interact with family members at a distance through technology. Providing access to online training courses and e-learning.	Adults Older People	Mon-Fri 10 – 12noon	Pamela Duddin Trimdon Grange Community Association, Salters Lane, Trimdon Grange, TS29 6PB 07800 651713 Tgcc2014@gmail.com
6	ManHealth	Man Talk	Sedgefield 1	To provide a 2 hour drop-in session once a week to support men who are struggling with their mental health. Sessions will connect individuals together through their peer support network to take a positive step back into their community.	Adult Men	Tuesday 6-8pm	ManHealth CIC, Office 6 Shildon Business Centre Dabble Duck Industrial Estate Shildon DL4 2RF 01388 320023 info@manhealth.org.uk
9	The Active Life Foundation	Young at Heart	Darlington	To provide a safe environment for individuals aged 65+ to participate in appropriate, moderate intensity physical activities. Staff will be available to provide support and advice and signpost if necessary to mental health services. Young at Heart will feature two sessions a week.	Older People	Wednesday's 2pm – 3pm Friday's 10am – 11am	The Active Life Foundation, c/o 31 Brunel Street, Ferryhill, DL17 8NX 07983 531150 info@theactivelifeoundation.org.uk
14	Live Well, Live Strong, Live Safe CIC	Live Well Drop In Sessions	Chester-le-street	Create a safe space for 3 drop in's, providing wellbeing and mental health support sessions for adults. Support offered will include a safe space to speak with a mental health champion/first aider and receive further referrals if appropriate. <ul style="list-style-type: none"> • Day Time Chill and Chat session – open to all 18+. • Evening 'Empower Hour' session for women, 18+. • Evening 'A Few Good Men' session for men, 18+. 	Adults Older People Men Women	Tuesday 7-8pm. Men's session. Wednesday 4-5pm. Women's session Thursday 12-1pm. Drop in support for all adults.	Live Well North East CIC, Unit F Old, Cooperative Workshops, Plawsworth Road, Sacriston, Durham, DH76PB 07708 453082 livewellneoffice@gmail.com
15	Five Acres Community Garden CIC	Five Acres	Newton Aycliffe	A community garden project that will provide a safe space and engage people in gardening activities to support mental wellbeing	School Leavers and Adults with LD	Monday to Friday - 09.15 - 15.00	ROF 59 1 Durham Way South, Newton Aycliffe, County Durham, DL5 6XN 07980 753469 deb.fiveacres@gmail.com
17	Willington Methodist Church	Willington Open Door Café	Wear Valley	To open a community café/safe place to provide a relaxing safe space and a fareshare donation option meal when open. Signposting to other specialist services if required.	Adults Older people	Tuesday afternoons 2.30 - 4pm weekly	Willington Open Door Methodist Church, Wesley Street, Willington DL15 0AG 01388 745460 willingtonopendoorchurch@gmail.com
20	East Durham Veterans	EDV Social inclusion	North Easington	To deliver a veteran's social inclusion program.	Adults Older People	Every Saturday	East Durham Veterans Trust, 7 Gilbert Rd, Peterlee, County Durham SR8 2AN

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				The aim of the project is to promote the social inclusion of veterans and their families across County Durham. This will be achieved through recreational and social activities that will promote peer-to-peer networks and friendships.	Veterans		0191 5815677 contact@eastdurhamveterans.co.uk
21	Tiny Toes Bumps and Babies C.I.C	Support Sessions	Derwentside	To provide a relaxed environment for people to take a little time out for themselves, talk to other parents allowing them to ask advice and seek support where needed but also taking time out to re-set. The project will also ensure that people do not feel that they are only supported 'while they are there' with a text service available too.	New mums		Tiny Toes Bumps and Babies C.I.C., Unit 16 The Greenhouse, Amos Drive, Greencroft Industrial Park, Annfield Plain, Stanley, DH9 7XN tinytoesbmconsett@gmail.com
22	Sunniside Community Association	Happy Mondays	Wear Valley	To provide a drop in Café. A place where people can relax, receive hospitality, be themselves, share their talents, learn from one another, build mutual and supportive friendships and feel valued, welcome and important. A project lead will provide 1-2-1 support on any mental health issues and signpost if required	Adults Older People	Mondays Café 11am – plus additional days during week for activities associated with Happy Mondays (baking, pilates, Zumba, dog training, crafts)	Claire Ritson Sunniside Community Association, 25 Flag Terrace, Sunniside, Bishop Auckland, Durham 07792 238918 Claireritsonfic@yahoo.com
25	Ferryhill Ladder Centre	Connect	Sedgefield North	To provide a one stop place for men in the community to offer support, advice and guidance and activities and a service which will appeal to the male members of the community and give them a safe space and welcome environment where they can re-engage and feel valued.	Adult Men	4 hours per week based at Ferryhill Ladder Centre	Nigel Jones Ferryhill Ladder Centre, 5-7 Coniston Road, Ferryhill, DL17 8EZ 01740 651639 nigel@ferryhillladdercentre.org.uk
26	Cornerstone Support Housing and Counselling	Refresh, Rebuild, Relate	Wear Valley	To provide a safe space for a one stop community support drop ins to include expertise on domestic violence, drug, substance and alcohol addiction, housing and homelessness, citizens advice, mental wellbeing, food/clothing banks and peer to peer support groups.	Adults Older People	Drop in	Cornerstone Supported Housing and Counselling Ltd, Unit 12 Brockwell Court, Low Willington, Crook, DL15 0UT 01388 747 892 info@cornerstone-north.org
27	Teesdale Clubs	Happy Minds	Teesdale	To provide 8 drop in lunch club to support people with their mental health needs and refer to specialist support if required. The club will offer: <ul style="list-style-type: none"> • Catch-ups with refreshments. • Mental Health and wellbeing advice • Gentle exercise • Confidence building 	Adults Older People	Various	Teesdale Day Clubs, Woodleigh, Flatts Rd, Barnard Castle DL12 8AA 01833 695822 teesdaledayclubs@gmail.com
30	Teesdale Community Resources Hub	Happiness Cafe	Teesdale	To open a Happiness Café for 2 hours, once a week. To provide a safe space and support for who are lonely and isolated. This will be run by staff and volunteers. Mental health and well-	Adults / Families	Fridays 11:30am - 1:30pm	TCR Hub – Teesdale Community Resources, Shaw Bank, Barnard Castle, County Durham, DL12 8TD 01833 690150 Rachel.tweddle80@gmail.com

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				being support will be offered and signposting if necessary.			
33	GTD/Durham community boxing club	Open House	Durham East	To provide a drop-in session for 18+ to openly talk about challenges they are facing and their mental health. This will be run by staff and volunteers. They would provide a safe space at certain times to drop in and provide opportunities to access advice and referrals to other local support partners, charities, and well-being services. Informal activities for participants to take part in to allow them to relax, de-stress and feel comfortable in the environment.	Adults	Wednesday at 6.00pm-8.00 pm Sunday morning class at 10.00 am-11.00am	Paul Lysaght GTD/Durham community boxing club, Unit E, Whitham House, Mandale Business Park, Durham DH1 1TH. 07429 156163 paul@gothedistancecic.co.uk
34	Upper Teesdale Agricultural Support Services Ltd (UTASS)	You Time at UTASS	Teesdale	To provide a specific 2 hour per week drop-in session branded as 'coffee and chat'. A volunteer will be on hand to support the community in response to the current pandemic, will regularly support throughout the coffee and chat sessions, offering emotional support and the opportunity to discuss wider needs and any mental health problems. Two Mindfulness sessions will be available.	Adults Older People	Monday Afternoons 1.30pm	Upper Teesdale Agricultural Support Services Ltd (UTASS), 9-11 Chapel Row, Middleton-in-Teesdale, Barnard Castle, Co. Durham, DL12 0SN 01833 641010 grace@utass.org
35	Clart About Ltd	My Mammy Twinkles	Derwentside	To provide a support group for mothers and babies under 6 months of age. Providing a supportive network for mothers and babies with the focus being their emotional well-being by bringing them together in a shared environment to promote positive bonding experiences through parent led activities, sensory play, peer support and group conversation designed and facilitated by early years practitioners. Reducing social isolation with the aims to reduce postnatal depression.	New mums	Friday's 1.30pm in term time	Clart About Sensory Café 33F Number One Industrial Estate, Consett, DH8 6SZ 01207 501061 clartaboutltd@gmail.com
36	Hawthorne Community Centre	Drop In	North Easington	The project is to provide Digital Support and Advice for the more vulnerable and isolated members of our Community. Fortnightly coffee mornings will allow access to wifi connections. This will give provide people the opportunity to use their personal devices to keep in touch with relatives and access other online services for advice.	Adults Older People	Wednesday fortnightly	Hawthorn Community Centre, The Green, Hawthorn Village, Seaham, County Durham, SR7 8SE 07477 580591 wilsonrands@btinternet.com
37	Easington Social Welfare Centre	Drop In	Easington Central	To provide 2, 2 hour drop-in sessions per week to support people with mental health issues and isolation issues. They will be supported by the team from Health Works, Mind Project and East Durham Trust who will assist with personal issues, benefit advice and housing issues.	Adults Older People	Mondays 9am - 4pm	Easington Social Welfare Centre, Seaside Lane South, Easington Colliery, Peterlee SR8 3P 0191 527 06 35 easingtonwelfaresc@gmail.com

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38	Horden Parish Council	Andy's Man Club		<p>Andy's Man club supports around 20-30 men, for free on a Monday evening from 6.45pm to 9.15pm to discuss any mental health issues and to provide a safe space for men to chat and discuss their stories if they wish to do so, refreshments will also be provided.</p> <p>After discussions we felt that the use of Horden Welfare Football Ground Facilities would provide a comfortable and informal setting for the group.</p>	Men	Mondays 7 – 9pm	<p>Horden Parish Council Horden Social Welfare Centre, Seventh Street, Horden, SR8 4LX</p> <p>Tel: 0191 5180823</p> <p>Gemma Rowe deputy@horden-pc.gov.uk</p>
39	East Durham Trust	Activate the Arts Café	Easington Central	<p>To run a drop-in Arts Café addressing three main focusses:</p> <ul style="list-style-type: none"> • Reduction of social isolation in older adults and those with long-term health condition • Social prescribing provision for working age adults out of hours. <p>Advice and signposting</p>	Adults Older People	Tuesdays 10-12pm Evening session TBC	<p>East Durham Trust, Community House Yoden Road, Peterlee, SR8 5DP 0191 5693511 jess.hunt@EastDurhamCreates.co.uk</p>
40	Blackhall Community Association	Mental Health Support Group	Easington Central	<p>Drop-in groups for residents are craving social interaction and real time with real people. We support members by using our active listening skills and signposting if need be to alternative therapies, volunteering ops, improving confidence and self-esteem.</p>	Adults Men Only & Women Only 1.5 hour sessions side by side	Fridays 10.30	<p>Blackhall Community Association, Hesleden Road, Blackhall, Hartlepool TS27 4LG Alison Paterson 0191 5867396 Alison.blackhallcommunity@gmail.com</p>
41	Just for Women CIC	Crafting to Wellness	Derwentside	<p>Just For Women Centre will provide anxiety workshops to people in the Stanley area with mental health issues. These sessions are held at the Centre, a safe space woman can feel safe in. Physical exercise and mediation is incorporated into the session. Anxiety workshops are delivered by a qualified counsellor</p>	Women Who have been abused	Crafting to wellness sessions run Tuesdays, Wednesday and Thursdays.	<p>Just For Women Centre St Josephs House, Thornleyholme Terrace Stanley, DH9 0BL 01207 281145 Justforwomencentre@yahoo.co.uk</p>
2021-22							
42	Ferryhill Ladder Centre	Ladder Craft & Chat	Sedgefield North	<p>Ladies Crafting and Chat Group at the Ferryhill Ladder Centre. This will increase our provision of support for vulnerable women in the area who are struggling to cope with mental ill health, social isolation and poor confidence.</p>	Women	Tuesdays 10-12	<p>Ferryhill Ladder Centre Ladder House, 5/7 Coniston Road Ferryhill, DL17 8EX Nigel Jones nigel@ferryhillladdercentre.org.uk 01740 651639</p>
43	GTD/Durham community boxing club	Up Skill for Life	Durham East	<p>Deliver a wellbeing job club at GTD for the next 12 month's using sport with employment as a vehicle for changing people's lives in this community.</p>	Unemployed	Wednesdays 6-7.30pm	<p>Unit 27E, Whitham House, Mandale Business Park, Belmont, Durham, DH1 1TH Paul Lysaght paul@gothedistancecic.co.uk 07429156163</p>
44	St Pauls Centre, Spennymoor	Dementia Support	Sedgefield North	<p>We are setting up a support group, not only for clients with dementia but offering support for the carers</p>	People with Dementia and their carers	Thursdays 2-3.30pm	<p>St Pauls Centre Spennymoor St Pauls Gardens, Spennymoor DL16 7LR Maureen Aspey stpaulscentre@btconnect.com</p>

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45	Jack Drum Arts	Feel Good Thursdays	Wear Valley	Feel Good Thursdays will provide a safe space for individuals to socialise, make new friends, learn new skills and have FUN. Through on-going consultation with the participants the programme will be tailored to suit the interests of the group. Core staff and local facilitators will deliver sessions with a dedicated link worker providing wraparound support, information, advice and guidance.	All	Wednesdays 11-2pm Term Time	Jack Drum Arts St Cuthbert's Centre, Church Hill, Crook, DL15 9DN James Shepherd jamesb@jackdrum.co.uk 01388 765002
46	Morrison Trust	Arts & Crafts	Darlington	Group sessions providing arts and crafts to support skill development and build confidence, self esteem and wellbeing	All	Thursdays twice a month 10 - 1pm	Morrison Trust Morton Park Business Training Centre Yarm Road, Darlington, DL1 4PJ Sarah Bentley Sbentley@morrisontrust.org.uk 01325 387700
47	Pelaw Community Centre	Pelaw Lunch Club	Durham West	A weekly lunch club based on 20 people initially, with the option to include more if demand is there/ to enable drop ins – up to a maximum of 28. The lunch club would offer a hot meal and a cup of tea and biscuits – with a game of bingo at the end or dominoes for anyone who did not want to participate in bingo.	Older People	Mondays 12-2pm	Bernicia Pelaw View Community Centre, Hilda Avenue, Sherburn Road Estate, DH1 2EH Barbara Webb barbara.webb@bernicia.com 07880190331 / 0191 2383343
48	Rose Cottage Community Hub CIC	Drop in & Discover	Easington District	A drop in session for any local people whose mental health is suffering, who are socially isolated or anyone else who feels they need a bit of help, support or guidance. The session will be loosely structured, allowing flexibility for the attendees to choose what they wish to participate in. Light refreshments will be available upon arrival for people and then there would be a weekly interactive activity scheduled which people would be encouraged but not forced to participate in, the activities would include various creative crafts	All	Mondays 10 - 12	Rose Cottage Community Hub CIC Rose Cottage, Rose Street, Trimdon Grange, TS26 6EH Michelle Douglas-Allison Michelledouglasallison@yahoo.co.uk 07977553356
49	The Well Methodist Church	Renew Wellbeing Café	Darlington	To extend our current offer to include a weekly 'Renew Wellbeing' café session (initially 3 hours per week). This would be advertised as a discrete session within our open provision where people can come to 'be', interact with others as they feel able, share/learn a skill or hobby*, talk about wellbeing as they feel able and be encouraged to volunteer in the project should they wish.	All	Fridays 11-2pm	The Well Methodist Church and Community Hosting Space 164 North Road, Darlington, DL1 2EL Dr Graham Bright thewelldarlington@gmail.com 07927852038
50	Bishop Auckland	Community Hub	Bishop Auckland	While we have managed to keep going through most of the pandemic, we would now like to expand on what we are able to offer at the Hub.	All	Wednesdays 10.00am - 2pm	Community Hub held @ Bishop Auckland Baptist Church, Westfield Road, Bishop Auckland, DL14 6AE

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	Baptist Church			This would include having more games available for people to play, as well as some structured activities, perhaps facilitated by invited guests with particular skills and interests, e.g. crafts or music			Marion Hodgson Crawfordclose@gmail.com 07791564101
51	Dig N Dinner	CALM in East Durham CIC	Easington Central	<p>We aim to offer 2 half day sessions per week where members of the community can come and help us firstly develop our vegetable garden, an orchard, and our contemplation walkway full of wild flowers and trees with areas to sit undisturbed.</p> <p>Secondly, the sessions will offer the opportunity to sit and eat a healthy vegetarian meal (eventually from food grown in the gardens) and have time to socialise, learn crafts or just relax and chat.</p> <p>The recent storm at the end of November saw 5 of our largest trees being uprooted, which has prompted this application. We aim to also use the wood from the trees to create seating, and structures to support our environmentally friendly ethos of upcycling, repurposing when-ever we can. This project will enable us to run workshops and courses.</p>	All	Wednesday 1.30 – 3.30	CALM in East Durham CIC Broomholme, Stockton Road, Easington Village, SR8 3AZ Barbara Crisp Calmineastdurham@gmail.com 07868269253
52	PACT House Stanley	The Lounge	Derwentside	<p>Developing a dedicated creative / social lounge space within PACT House. The space would allow people meet and enjoy creative and or social activities in a dedicated space that provides them with the tools and equipment to express themselves. The place will also have managed access, allowing people to become familiar with users and create their own friendship and peer support groups within the project.</p> <p>The Lounge will have a seating area and provide refreshments to facilitate social interactions, access to music and multimedia equipment and staff to help people use and develop ideas, we plan art and creative writing sessions, digital voice and video bites, community radio giving people the chance to host their own radio shows expressing themselves through the music they love and talking about how music effects their lives. Users will be able to create podcasts and talk shows.</p>	Unemployed working age adults	Mon-Fri 12-5pm Sat 10-3pm	PACT House Stanley 39 Front Street, Stanley, DH9 0JE Darren McMahon MBE Pacthousestanley@outlook.com 07941139595
53	Teesdale Day Clubs	Lunch Club at Startforth	Teesdale	We had to close 2 clubs due to the impacts of the pandemic, reducing our reach across Teesdale	Older People	Wednesdays 11am - 2pm	Teesdale Day Clubs Woodleigh, Flatts Road, Barnard Castle, DL12 8AA



North East and North Cumbria



				<p>communities. Our recovery plan includes opening clubs in new communities where there is evidence of need and demand. We have plans in place to launch a new club at Startforth and are in negotiation with the community to bring this to fruition early in 2022.</p> <p>This grant will directly support the launch of this new weekly club by contributing towards its running costs for the initial launch year</p>			<p>Kim Weston Andrea.hobbstds@gmail.com 01833 695822</p>
54	Pittington Community Association	Creative Café	Durham West	<p>We would work with The Singing Elf, a local Social Enterprise, to start a monthly, daytime, Creative Café in Pittington Village Hall. Targeted at those in our community who are at risk of social isolation, loneliness and being left behind after the easing of COVID restrictions (but open to anyone), we will provide a social space for people to come together with food and drink. There would be a different creative activity each month from paper crafts to planting pots, singing to macrame with a 'drop in and give it a go' atmosphere, all led by a professional creative facilitator. We will support the mental health and wellbeing of the participants and volunteers along with offering signposting to other local providers and services. Participants will be able to take food and creativity packs home.</p>	Older people		<p>Pittington Community Association Pittington Village Hall, High Pittington, DH6 1AN Rebecca McGarvie Rebecca@thesingingelf.co.uk 0191 3721682</p>
55	The Active Life Foundation	Evergreen	Darlington	<p>create a safe place for clients aged 65+ to meet socially and participate in appropriate physical activities.</p> <p>Staff have mental health first aider qualifications and be able to provide necessary support, advice and signposting to mental health services.</p> <p>Through the evidence-based benefits of physical activity, we aim to improve mental and emotional wellbeing – as physical activity reduces anxiety, depression and improves self-esteem. As well as improved social interactions, relationships, reduced isolation and loneliness; looking to have a positive affect on dementia risk/rates over the longer term.</p> <p>We aim to improve physical health of clients – improved cardiovascular health, reduced risk of diabetes, less pain.</p>	Older people	Wednesdays 9.15am	<p>The Active Life Foundation 31 Brunel Street, Ferryhill, DL17 8NX Phil Seymour Phil.seymour@theactivelifefoundation.org.uk 07986531150</p>
56	St Teresa's Hospice	Focus & Breathe	Darlington	<p>St Teresa's Hospice would like to offer two new wellbeing sessions for people with life-limiting illness at our Wellbeing Hub. Working in partnership with specialist exercise therapists.</p>	To support those on end of life pathway	Tuesdays 11-12 The Lounge	<p>St Teresa's Hospice The Wellbeing Hub in The Woodlands, Woodlands Road, Darlington, DL3 7UA John Paul Stabler</p>

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				<p>the palliative care team will develop two, small group programmes of exercises that aim to enhance physical and psychological wellbeing through gentle movement and meditation based exercises.</p> <p>Drawing on a range of disciplines such as yoga, Pilates, mindfulness and specialist pulmonary fitness programmes, these sessions will help people to remain active, enhance or maintain their co-ordination, mental wellbeing, core fitness and movement.</p> <p>There will also be plenty of time to connect with others, relax and socialise, with the availability of support and advice from Hospice staff if needed. Additionally, where required, we would ensure that people have access to care and support to enable those with disabilities or care and support needs to participate in the sessions.</p>			Johnpaulstabler@darlingtonhospice.org.uk 01325 254321
57	Wheatley Hill Community Ass	Girls & The Cave	Easington District	<p>To host groups weekly and provide activities for women of their choosing in line with covid secure restrictions / government roadmap at the prevailing time</p>	Women		<p>Wheatley Hill Community Association Greenhills Centre, Stephens Terrace, Wheatley Hill, DH6 3JS John Probert johnwprobert@gmail.com 01429 820214</p>
58	Bridge Creative	Starting Point Volunteer Group	Bishop Auckland	<p>We want to develop our Volunteering Project to provide a space within our centre when it opens in June 2022, for potential volunteers to meet, find out about opportunities in the area, access mental health support, develop friendships and build confidence. We will run a weekly group session focusing on developing peoples' mental and emotional wellbeing to help them prepare for volunteering. Two of our Support Mentors will deliver the group sessions which will include confidence-building and mental wellbeing activities, and facilitating peer-support so that people can develop friendships and get support from one another.</p>	Adults with learning disabilities and autistic adults	Thursdays 10.30-12 noon	<p>Starts June 2022 Bishop Auckland Ben Tinkler bridgecreative@outlook.com 07984516038</p>
59	Deaf Hill Regeneration Group	Get Active	Easington District	<p>We are looking to build on our exercise classes and support 3 sessions per week of exercise 1 x yoga, 1 x Zumba style exercise and 1 session of social and sequence dance initially for 48 weeks.</p>	Adults	Monday 6-7pm, 8pm -10pm & Wednesday 6pm – 7pm	<p>May 2022 Trimdon Station Community Centre Station Road East Trimdon Station, TS29 6BS Derek Bradley stationcommunitycentre@trimdon.org 01429 882200</p>

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60	Aspire Learning, Support & Wellbeing	Women's New Beginnings	Chester le Street	Aspire is a not for profit community interest company providing gender specific trauma informed person centred services for women from our only centre in Chester le Street. We provide a comprehensive provision of one to one confidential listening support alongside specific support groups/provision to address issues of Domestic Violence and Abuse/Sexual Violence, Suicide and self harm. weekly activities to support both the mental and physical health of women taking an asset based approach to prevention and early intervention	Women impacted by Domestic Violence and Abuse/Sexual Violence, Suicide and self harm.	Wednesdays 10am-12 noon	Start 01.06.2022 Aspire House, Rear of Front Street, Chester le Street Janice Rokni janicerokni@aspire-northeast.co.uk 0191 3891504
61	Harbour Support	Harbour Support Services	Claypath & University Derwentside Durham East Durham West Darlington	Harbour Support Services provide a range of services in Durham/Darlington which offer immediate crisis support and longer term support for victims and families who have experienced domestic abuse. Harbour's Recovery Service is part of the longer-term support provision to help women and families to develop life skills, extend their community and support networks, and most importantly, increase their self-esteem and mental wellbeing. The aim of Harbour's Recovery Service is to support the development of skills and confidence so that victims and families can rebuild their lives and break the cycle of abuse. Funding will extend currently fortnightly sessions to weekly	Women and families impacted by domestic abuse	Darlington Wednesdays 9.30am – 11.30am Durham City: 12.45pm to 2.45pm	Starts 02.05.2022 Harbour Support Services 64 Duke Street, Darlington, DL3 7AN Rachael Leech rachaelleech@myharbour.org.uk 07584124834
62	Wingate Station Town & Family Centre	Active Minds	Easington District	Two weekly sessions. Session one will allow us to identify and address the needs of older residents, living in Wingate and surrounding villages. We have worked with older people for many years, providing them with a wide range of activities, trips to local places of interest and by bringing services to them, in our purpose built centre, to encourage and support access to entitlement without the need to travel or rely upon family members who are often too busy. Session two will attract new parents and children to the centre by providing an open session to attend with their baby or toddler. Sessions will be facilitated by our qualified staff and volunteer Trustee, will encourage parents to interact with their child, encourage early learning skills, manage unwanted behaviour and promote happy relationships..	Older people New parents	Wednesdays 9-12 Thursdays 12.30 – 3.30	Wingate & Station Town Family Centre Partridge Terrace, Wingate, TS27 4SQ Alison Nutter Alison.nutter@yahoo.com 07739527353

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63	Enter CIC	The Music Café	Sedgefield North	<p>We would like to set up a new project for the elderly called the music café which will be open to elderly residents in Ferryhill and across the Four Together Partnership Area. The café will run bi-weekly on a Tuesday afternoon over a 12-month period. Participants will be able to drop in and have access to a safe place where they can interact with one another, our staff and volunteers. Participants will be offered refreshments and will be able to sit back and enjoy live music provided by live musicians. We will also open our garden in the summer months and will serve refreshments outside if the weather is suitable. The session will operate on a drop-in session basis. The weekly sessions will provide a safe social space and be specifically designed to raise morale and rebuild participant confidence and provide an opportunity for elderly participants to re-engage with society following the pandemic. Music from yesteryear will be utilised to inspire conversation and to encourage a sense of familiarity, a common ground and a comfortable platform for re- engagement with the wider world. We are</p>	Older People	Tuesdays	<p>Enter CIC 2 Chapel Terrace, Ferryhill, DL17 8JL Andrea Flynn Info@entercic.org 01740 655437/07949786950</p>
64	Sacriston Youth & Community Project	Happy Hour	Chester Le Street	<p>There will be two hour open session each week called; Happy Hour. The session will be at the same time, and on the same day each week at our newly renovated, contemporary Family Hub. The hub is used exclusively by Sacriston Youth and Community Project, and acts as a neutral venue. Each session will be “bookended” with information, advice and guidance and an opportunity to talk in a non-judgemental and welcoming environment. Refreshments will also be provided. Establish and qualified Sacriston Youth and Community project staff will be allocated to the project, and we will recruit external high quality</p>	Adults	TBC	<p>May 2022 Sacriston Youth & Community project Unit E, Old Co-op Building, Plawsworth Road, Sacriston, Durham. Dh7 6PD Gemma O'Brien gemma@sacristonyouthproject.co.uk 07709895493</p>

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				and accredited therapists to the project on a sessional basis.			
65	Stanley Young Peoples Club	3Space	Derwentside	<p>To create 3 distinct open access sessions of 3 hours duration each week, staffed at 4 hours per session to include 30 minutes each side prep/set up and clear away. Whilst the sessions will have a dedicated focus, attendees will be able to undertake alternative activities such as social interactions or craft-based activities during activity sessions. The building has the following spaces that will be used as part of this project a sports hall, private seating space, kitchen, music room, leisure hall (pool, air hockey, project screen and computer suite).</p> <p>Breakfast Club – chat / peer support 10-1pm making breakfast together, a social based group, peer support, computer use inc. job search, improving IT skills, pool, air hockey, music, films/media, will also be used in conjunction with the monthly Mindfulness and Wellbeing Sessions.</p> <p>Activity Work-it-Out – 12-3pm - Utilising the sports hall to use physical activity and sports to promote physical and mental health, offer mini health checks around weight and blood pressure, promote a healthy lifestyle. Well-being walks around the fabulous countryside on our doorstep.</p> <p>Mind-Crafts –12-3pm social session with a focus on expressing yourself through art, crafts, making things and music, will also be used in conjunction with the monthly Mindfulness and Wellbeing Sessions split with the peer Breakfast Club sessions</p> <p>There will be a monthly well-being and mindfulness session delivered as well as 4 volunteer training sessions over the year.</p>	Adults	<p>Monday 9-11am</p> <p>Wednesday 10-2pm</p> <p>Friday –10-2pm</p>	<p>June 2022</p> <p>Stanley Young Peoples Club</p> <p>Severn Crescent, South Moor, Stanley, DH9 7PZ</p> <p>Paula Murray Barrett</p> <p>stanleyypc@outlook.com</p> <p>07446245448</p>
66	Blind Life Durham	Post Covid Happiness	Durham, Spennymoor, Wolsingham, Ferryhill	<p>We provide friendship and advice, regular social meetings with talks, demonstrations and refreshments, various sports activities at different accessible venues including New Age Kurling, New Age Bowls and Boccia.</p>	Adults	<p>Fram 2nd Monday of the month 1.30-3.30</p> <p>St Pauls every other Saturday 1.30 – 3.30</p> <p>Wolsingham fortnightly Wednesday 6.45-8.45</p> <p>Stanley Crook opposite weeks to above 7-9</p> <p>Ferryhill monthly 1.30-3.30</p>	<p>Framwellgate Moor</p> <p>St Pauls Community Centre, Spennymoor</p> <p>Stanley Crook</p> <p>Ferryhill</p> <p>blindlifeindurham@gmail.com</p> <p>Margaret Welch</p> <p>01388 763501</p>

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67	Homegroup Wellbeing & Recovery	Horden Community Allotments	Horden	The Horden community Allotment will be open 7 days a week for volunteers to attend and for residents to use as a social setting as well as guests. It will provide a nice relaxed environment to socialise as well as provide a safe space. It is hoped that members will also build up relationships that will enable them to attend when they see fit when not attending the prearranged groups which will help them to build their own support groups/networks.	Adults	Allotment open 7 days a week. 2 days will be group support which are Mondays 11.30-3.30 Wednesday 9.30-12	Home Group Wellbeing & Recovery Services, Bluebell Hub, 48 Bluebell Close, Newton Aycliffe Allotment based in Horden Dean Whelan Dean.Whelan@homegroup.org.uk 07568107771
2022-2023 R1							
68	Groundwork North East and Cumbria	Wellness Shed	Darlington	The aim of the project is to improve the health and wellbeing of young people between the ages of 18-25 in Darlington, connecting them to their community and local green spaces whilst informally addressing key areas young people struggle with when moving from child to adult services such as self-esteem, body-image and anxiety. Based at our Bellburn allotment, with additional activities at South Park, the project will run for a year, delivering weekly sessions.	Young People 18-25	Tuesdays 1-3pm	Groundwork NE and Cumbria Bellburn Allotment, Darlington Lisa Taylor Lisa.Taylor@groundwork.org.uk 07930 330 794
69	Durham Christian Partnership	PadB Walking for Happiness & Health	Chester-le-Street	We will be providing a Wednesday Walking club, the aim of the sessions is to take our members out of their local area and outside their comfort zone. The sessions will give our members the opportunity to experience being outside their immediate area and for a lot of them outside their comfort zone. Letting them know they aren't what they think they are by building their confidence, getting them to trust and encouraging them along the way.	Young People 18-25	Wednesdays 7.00-19.00 Fridays 7.00 – 19.00 Various overnight stays	Durham Christian Partnership Unit 7/9 First Avenue, Drum Industrial Estate, Chester Le Street DH2 1AG Peter MacLellan peter@durhamcp.org.uk 0191 303 8623 / 07758 400128
70	GTD 'Go the Distance'	18-25 It happens at GTD	Sherburn, Pitlington, Gilesgate, West Rainton, Carrville, Belmont	With this scheme by way of training in the education room, boxing fitness in the gym, talking to our professional staff over a coffee and a biscuit, discussing key issues we can work on and hopefully combat issues that have been holding people back. We will look at life guard training in one of the 10 Durham leisure centres with the NPLQ.	Young People 18-25	Wednesdays 6pm Saturday 11am	Unit 27 E, Whitham House, Mandale Business Park, Durham Paul Lysaght paul@gothedistancecic.co.uk 07429156163
71	Think Positive PACT House	Creative Minds	Stanley	Creative Minds is a new project focussing on the learning and development of crafts, skills and visual arts. The project is to offer a weekly craft group to those suffering from depression, anxiety, stress and suicidal ideation, with a	Young People 18-25	Mondays 12.30-3.30	Pact House Cemetery Office, Off East Parade, Stanley DH9 0PS Jay Brewis info@thinkpositivedurham.org

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				particular emphasis on young people aged 18-25. The craft group will be an opportunity to reduce social isolation, increase confidence, manual dexterity, learning and observation and develop greater social skills			01207 280407
2022-23 R2							
72	St Pauls Centre	A Sense of Belonging	Spennymoor, Croxdale, Middlestone Moor, Ferryhill	<p>The project is to offer a warm welcome and hospitality, support and friendship to refugees and families.</p> <p>We aim do this through a range of befriending and support and empowerment initiatives. We would hope that by meeting together with people from The St Pauls Centre Community, and members of our local community, we can build strong and positive relationships which will be a springboard for additional support for many of our participants. We aim to create a welcoming and safe space for participants to feel valued, listened to and respected.</p>	Adults	Wednesdays Times TBC	<p>St Paul's Centre, St Pauls Gardens, Spennymoor, DL16 7AA</p> <p>Mrs Maureen Aspey maspey@globalnet.co.uk 07811166763</p>
73	Auckland Youth and Community Centre	Bishop Man Cave	Bishop Auckland	<p>The environment that this project will create a safe space that will be warm, friendly and supportive with a user lead approach. Staff are trained to listen to our users and signpost to services or bring services into the centre so that it is non-threatening to the users as this can cause a barrier. We want to informally educate our users to be aware of their own mental health needs. The end result being that they will then ask for the support that they feel that they need when they are in a place where they are ready to accept it.</p>	Adult Men	Tuesdays 18:00-20:00pm Saturday 12-2 (additional session)	<p>Walker Drive Bishop Auckland Co Durham DL14 6QL</p> <p>Joni Moore Joni.moore@aycclimited.co.uk 07517657894</p>
74	Just For Women Centre CIC	Creative Community	Stanley	<p>Just For Women Centre will provide weekly sessions for women to socialise, develop skills and get mental health support. Sessions will be held at Just For Women Centre, a designated safe space for women to discuss their mental health and wellbeing, and receive additional support if needed. Weekly meetings are open to women in County Durham to attend, however they must book a place. During the 4 hour sessions, women will have the opportunity to meet new people in their local community, talk about mental health and wellbeing, and access additional support if needed. Sessions will cover a range of activities in skills development,</p>	Adult Women	Wednesdays 12-4pm	<p>St Josephs House, Thornleyholme Terrace, Stanley, DH9 0BL</p> <p>Linda Kirk justforwomenscentre@yahoo.co.uk 01207281145</p>

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				personal development and allow women to gain confidence, self-esteem and self-worth in a safe and supportive environment. For example, training on industrial sewing machines to develop sewing skills, or crafting to wellness sessions designed to encourage social interaction and build strong support networks. The activities in this project will be user led, where those who attend will be encouraged to make decisions on the activities they do during sessions.			
75	Ludworth Community Association	Ludworth Happy Hub	Ludworth & surrounding areas	<p>The environment that we will create will be a safe space that will be warm, friendly and supportive. Volunteers are trained to listen to our users and signpost to services or bring services into the centre. We want to informally educate our users to be aware of their own mental health needs. The end result being that they will then ask for the support that they feel that they need if they need it.</p> <p>When people are living in an area of deprivation or unemployed or suffer with mental health, they spend their days being told what they should or shouldn't be doing. Our aim is for the individual to take back some of that control in whatever way they feel would work best for them.</p>	Adults	Wednesdays & Fridays 2.30-4.30pm	<p>Ludworth Community Association, North View, Ludworth, DH6 1NF</p> <p>Dave Woods woodsdauid1954@gmail.com</p>
76	Jubilee Fields Community Association	Shildon Happiness Hub	Shildon	<p>Jubilee Fields Community Centre in partnership with Shildon Town Council will deliver 26 x bi-weekly session of Shildon Happiness Hub 2.5 hours for 25 people. To include activities such as armchair aerobics, singing, quizzes, bingo and table top games, a warm lunch time meal along with access to guest deliverers such as The Wellbeing for Life Team.</p> <p>The group will be involved in identifying further opportunities they would like to bring on board for example Tai-Chi, Yoga, Training courses, information, advice & guidance (IAG) talks on health, finance, mental health. Support from various external organisations which would include Age Concern, Livin Financial Team, Shildon Alive and Cancer UK etc.</p> <p>We shall provide inhouse staff and volunteer support who will devise a full programme of activities to compliment the third-party guests we invite along to the group.</p> <p>As part of the bi-weekly sessions, we shall have a food offering which will enable time for social</p>	Adults	Fridays 10.30 – 1pm	<p>Jubilee Road, Shildon, DL4 2AL</p> <p>Lesley Bowes jubileefields@btconnect.com 01388 775425</p>

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				interaction over a healthy wholesome meal which at this time, we know is very important due to the current impact of the 'cost of living' crisis.			
77	SW Health & Wellbeing (trading as SportWorks)	Health and Happiness Hub	Consett	<p>SportWorks are seeking to deliver an innovative approach to community health and play a significant role in supporting the wellbeing and happiness of local residents living in Consett. Our vision is for health and wellbeing to be placed within the centre of the Consett community and to reduce reliance on the traditional medical model and NHS services.</p> <p>Our Health and Happiness Hub model provides a unique and localised approach to community health improvement through focusing upon the core components of human health: physical, mental and emotional wellbeing in a proactive way. A holistic approach which focuses upon the whole person, not a specific ailment.</p> <p>The Hub will embed health within the Consett over 55's community and residents suffering from poor health.</p>	Over 55's	Mondays 2-4pm	<p>SportWorks, Royal Quays Business Centre, Coble Dene, North Shields, NE29 6DE</p> <p>Calum Maddison</p> <p>john.newton@sportworksltd.co.uk</p> <p>0191 5800 120</p>
78	Teesdale Day Clubs	Support Matters – rural and town	Barnard Castle and Woodland	<p>We are an established charity working across Teesdale communities for almost 30 years. We bring people together for a social gathering (lunch club) using community venues. We also provide an outreach community service which offers one-to-one support by phone or at people's own homes.</p> <p>We target any lonely or isolated adults who need social contact and support, but our services are generally mostly used by older adults. Our clubs are open to new people joining us at any time and can come from referrals from partners or self-referrals. The strength of the clubs is that they attract a wide social group, which means there is no stigma to attending in a small village.</p> <p>Our aims are to reduce social isolation and loneliness, support people to stay independent, positively impact people's wellbeing and offer a variety of volunteering opportunities that support wellbeing and self-esteem.</p>	Older Adults	Mondays & Tuesdays 11-2pm	<p>Teesdale Day Clubs, Woodleigh, Flatts Road, Barnard Castle DL12 8AA</p> <p>Andrea Hobbs</p> <p>Andrea.hobbstdc@gmail.com</p> <p>01833 695822</p>
79	Horden Parish Council	Warm and Welcome Winter Hub	Horden	<p>The Warm and Welcome Winter Hub is a new project aimed at providing a warm, safe place at Horden Social Welfare Centre where residents are welcome to come along to enjoy regular inclusive drop-in sessions to enable them to cut down on fuel usage at home and provide practical support over the winter months to take some pressure off residents already suffering as a result of fuel poverty.</p>	Adults	Monday, Wednesday and Friday	<p>Horden Social Welfare Centre, Seventh Street, Horden, Peterlee, Co Durham, SR8 4LX</p> <p>Gemma Rowe</p> <p>deputy@horden-pc.gov.uk</p> <p>0191 5180823</p>

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				Sessions will be informal where residents can connect over a hot drink or/and a hot meal, read a book in the library corner, access the internet in the IT section, get creative or competitive in the games and craft corner or simply connect and chat with others.			
80	East Durham Veterans Trust	Mental Health & Wellbeing Program	County Durham	We are seeking support for our Mates and Baits program, which consists of a weekly hot meal during which we encourage discussion and conversation between the many beneficiaries who attend, this approach is allowing us to not just increase then numbers we support but more importantly reach the many veterans and their families who find seeking support hard. It will allows them the opportunity to mix with others and discuss with fellow veterans their concerns, amongst which are: • Ongoing mental health issues, • Loneliness, Isolation and Social Exclusion, • Help people understand their current circumstances, • Helping people to stay connected	Adult Veterans	Monday – Saturday 10-3pm	Dawdon Community Centre Queen Alexandra Rd Seaham Brian Waugh brian@eastdurhamveterans.co.uk 07411080575
82	The Well Methodist Church	The Giving Garden	Darlington	The Well Methodist Church and Community Hosting Space is committed to be a place of inclusion that brings about positive transformation in the lives of our local community. As part of our work, we have set about transforming the car park at the rear of our premises into a community garden space. This is designed as a space for people to 'be', participate, contribute, connect, learn new skills, grow and have fun. The tagline of the Giving Garden is 'Grow, Harvest, Share' - not only produce but also relationships, connections and community. We understand the power and potential of therapeutic gardening and the space for solitude, connection, nature, fun, creativity and enstacy it provides. Our community users confirm what research says regarding the positive impacts it has on their physical, emotional, psychological, spiritual and social wellbeing.	Adults	Thursdays 10-1pm	164 North Road, Darlington, DL1 2EL Dr. Graham Bright graham.bright@thewellmethodistchurch@hotmail.com 0792 7852038
83	Rose Cottage Community Hub CIC	Meet and Eat	Trimdon Grange	The meet and eat project will be a once a week session, whereby people will be able to come along to a warm safe place and be provided with a meal and drink, followed by a social activity. The sessions will be ran in Rose Cottage Community Hub on a Wednesday between 11am and 1pm, and Rose	Adults	Wednesdays 11-1pm	Rose Cottage, Rose Street, Trimdon Grange, Co Durham, TS29 6EH Michelle Douglas-Allison michelledouglasallison@yahoo.co.uk 07977553356

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				Cottage Café will provide the meal, this project will run for 6 months.			
84	Endeavour Woodcrafts CIC	Drop in Craft Café	Ferryhill and surrounding	The Craft Cafe project will run fortnightly for a duration of 12 months. The Cafés are safe, welcoming spaces for people to socialise and express their creativity. From painting and drawing to jewellery making and sculpture, our Craft Cafés will allow individuals to engage in activity away from their homes, creating a vibrant creative space and improving social interaction. We aim to bring a wide mix of target audiences together, with specific focus upon disabled, mental health, socially isolated and elderly individuals. Each Craft Cafe session will provide an opportunity to socialise with others, gain friendly support and guidance if required and to take part in different crafts, painting, sculpture and sewing activities. The sessions will be free for participants and they will have access to teas/coffee and cake and to take away their handmade product with them.	Adults, LD, Elderley	Thursdays 10-12	The Old Fire Station, Darlington Road, Ferryhill DL178EX Carole King info@endeavourwoodcrafts.com 01740 657676
85	The Cornforth Partnership	Healthy Communities	Cornforth	<p>Provide the right support in the right place at the right time to enable the development of healthy vibrant and aspirational communities" Its key objective is to tackle and alleviate the issues which local people and local communities face in terms of Health, Social, Educational and Economic deprivation.</p> <p>We provide a robust package of community led support at a grass roots level in communities across County Durham around 4 broad themes:</p> <ul style="list-style-type: none"> • Children, Young People and Families • Domestic Abuse • Older People • Employment and Training 	Adults	Monday – Friday 9-3pm	66-70 High Street, Cornforth, Co. Durham DL17 9HS Tony Cutmore tony@cornforthpartnership.org 01740 652000
86	Breathing Space	Café Reflections	Witton Gilbert/Sacrison	To engage members of the Community to come together and to learn new arts & crafts related skills. We would like to use diverse activities e.g the Japanese art of Kintsugi : Kintsugi is built on the idea of strength and beauty in imperfection. When a ceramic object breaks, the kintsugi technique involves using gold dust and resin (or lacquer) to reattach the broken pieces. The resulting piece thus incorporates the unique cracks into its design, and the gold lines add to the beauty of the piece while strengthening it. To explore this art form as a metaphor for	Adults	Tuesdays 1.45 – 3.45pm	St Michael & All Angels church, Coach lane, Witton Gilbert DH7 6SX Gillie Boggon breathingspacedurham@gmail.com 0191 3711387

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				<p>brokenness and healing — embracing one's brokenness and imperfections can help us to understand something unique, beautiful and strong in our own journey. Boro, where ancient textiles become art in</p> <p>"Boro— the fabric of life" Japanese tradition is no stranger to restoring or beautifying that which has become broken or fragmented. Boro which translates to scraps of cloth has a lot in common with Kintsugi.</p> <p>The Japanese employ the technique of Sashiko stitching in geometric patterns. This not only enhances the piece but also reinforces it!</p>			
87	Age UK North Yorkshire & Darlington	Darlington Wellbeing Hubs	Darlington	<p>Darlington Wellbeing Hubs will provide safe spaces within the community for isolated older people to meet others in their community, build relationships and friendships locally. We have identified wards within Darlington, through our close working relationship with our local social prescribing team, that see higher than normal referrals into the team that would benefit from a place where they can easily access services.</p>	Older Adults	Monday, Tuesday, Friday 10-12	<p>Bradbury House, Beaumont St. West, Darlington, DL1 5SX</p> <p>Shaun Britton Shaun.britton@ageuknyd.org.uk 01325 362832</p>
88	Spennymoor Youth and Community Association	Survive & Thrive	Spennymoor	<p>Survive and Thrive is a mental wellbeing group for adults recovering from mental health problems and addiction. It has been delivered by Durham County Council's Support and Recovery team from Spennymoor Youth and Community Centre for two years but due to budget cuts, the Support Workers who have delivered the group to date will no longer be available to facilitate the group.</p>	Adults	Mondays 6pm-7pm, Thursdays 12-3pm	<p>Spennymoor Youth and Community Centre, Rushmoor, Merrington View, Spennymoor, DL16 6PP</p> <p>Michael Fishwick michael@syaca.co.uk 07572043594</p>
89	The Hospital of God at Greatham	Memory Lane Cafe	Horden	<p>Utilising Minerva House as an established community facility, our memory lane cafes will seek to empower and support those living with a dementia or memory loss and their carers by providing meaningful and engaging social inclusion activities. The cafes will be widely promoted and be a free service for the local community held on a weekly basis. The weekly café will be run on an informal drop-in basis and offer a place to socialise, share memories, reflect on bygone days and use music and activities to bring back memories. The cafes will also provide information, advice and support to carers. The café will provide a safe space which is free from</p>	Adults	2 nd Thursday of every month 3.15pm-4.45pm	<p>Head Office - Estate Office, Greatham, Hartlepool, TS25 2HS</p> <p>Nicola Garrett nicola.garrett@hospitalofgod.org.uk (01429) 870247</p>

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				the discrimination and stigma often faced in less understanding environments.			
90	Music Wellbeing, Hayley McKay	Music Wellbeing Hub	Darlington	The Forum Music Studios is a creative and cultural music hub based in central Darlington. I'll be working in partnership with them as lead mentor to deliver weekly mentor sessions. The sessions will be informal and relaxed and people will be encouraged and supported in music making as a way to help build confidence, collaborate and to creatively express themselves. At the start of every session, which will be limited to a group of 10, we will have group fun in interactive ice breakers. Attendees will be encouraged and supported to find their inner voice through singing and songwriting.	Adults	Tuesdays- afternoon 12.30 – 2pm	The Forum Music Studios, Borough Rd, Darlington Hayley McKay hayleymckaymusic@gmail.com 07500 832 715
91	Upper Teesdale Agricultural Support Services Ltd	Our Farming Futures	Teesdale & Weardale	This project will bring groups of young farmers and farm workers together on a monthly basis over the period of a full year, learning new skills and useful information that interests them and is relevant to their passion for agriculture.	Young Farmers	Wednesday evenings- TBC Once per month, weekday evening time (occasional weekend)	9-11 Chapel Row, Middleton-in-Teesdale, Barnard Castle, Co. Durham, DL12 0SN Grace Crawford grace@utass.org 01833 641010/ 07462 855431
92	Chilton Town Council	Men Friday	Chilton	We provide safe and welcoming environment where men can meet, make friends and engage in activities to improve their mental health and overall well-being. We offer guided walks for groups to take part in exercise and socialise with other members of the group. Refreshments will be provided via a light lunch on their return from their walk. The walks will be plotted and risk assessed by Walk Durham but led by our project leader. We have worked closely with a partner in Ferryhill who have similar projects, there are volunteers within their group who have been actively volunteering and mentoring other people within the group. We will then engage participants in a range of activities which we will change regularly to meet the needs of the whole of the group and maintain interest. We will access local resources including Bowling green, tennis courts, football fields etc. Participants can then choose to go on to joining local groups run independently of our project. We will offer 4 social days out over the life of the project, as well as mindfulness activities and training, learning new skills such as crafts, I.T and healthy eating.	Men	Fridays 10-2pm	Chilton Town Council, Hutton House, Durham Road, Chilton, DL17 0HE Joanne Jones joanne.jones@chiltondurham-tc.gov.uk 01388 721788

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93	Ferryhill Ladder Centre	Wednesday Men	Ferryhill and surrounding areas	To provide a one stop place for men in the community to offer support, advice and guidance and activities and a service which will appeal to the male members of the community and give them a safe space and welcome environment where they can re-engage and feel valued.	Men	Wednesdays 10.00 – 2pm	Nigel Jones Ferryhill Ladder Centre, 5-7 Coniston Road, Ferryhill, DL17 8EZ 01740 651639 nigel@ferryhillladdercentre.org.uk
94	Blackhall Community Centre	You Eat we Heat	Blackhall	To provide a designated safe space in the community centre– for 3 hours each week. This will be a new idea and its an idea similar to Warm hubs except we have called it You Eat We Heat. We are prepared to host 40 people over a 3 hr slot – with a drop in facility being acceptable. We will offer refreshments, tea/ coffee , hot chocolate and a toastie and or cake.. On offer too there will be some social activities such as daily newspapers, crosswords, quiz, word search,Tv, movie – a craft table or just a comfy chair to chill in.	Adults	Thursdays 12-3pm	Alison Paterson Blackhall Community Centre Hesleden Road, Blackhall, TS27 4LG 0191 5867396 alison@blackhallcommunity.co.uk
95	DERIC Youth Bus Project	Creative Drop in	Bearpark & Surrounding		Adults		
96	Chilton Town Council	Craft Social	Chilton		Adults		