

Pioneering Care Partnership (PCP) List of funded Happiness Hubs



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 | | | | | | | |
| | 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 Still running 19.09.2024 | 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 Still running 19.09.2024 | 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@theactivelifefoundation.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. No longer running but there are various other groups, timetable available | 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 Still running 19.09.2024 | ROF 59 1 Durham Way South, Newton Aycliffe, County Durham, DL5 6XN 07980 753469 deb.fiveacres@gmail.com |

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| 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 Group no longer running but there are lots more groups available | 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. 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. | Adults Older People Veterans | Every Saturday Still running 19.09.2024 | East Durham Veterans Trust, 7 Gilbert Rd, Peterlee, County Durham SR8 2AN 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 |
| 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 | Adults Older People | Various Still running 24.09.2024 | Teesdale Day Clubs, Woodleigh, Flatts Rd, Barnard Castle DL12 8AA 01833 695822 teesdaledayclubs@gmail.com |

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| | | | | <ul style="list-style-type: none"> Gentle exercise Confidence building | | | |
| 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-being support will be offered and signposting if necessary. | 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 |
| 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 Still running 20.09.2024 | 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 No longer running 23.09.2024 | 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 | Adults Older People | Wednesday fortnightly Still running 02.10.2024 | Hawthorn Community Centre, The Green, Hawthorn Village, Seaham, County Durham, SR7 8SE 07477 580591 wilsonrands@btinternet.com |

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| | | | | use their personal devices to keep in touch with relatives and access other online services for advice. | | | |
| 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 | Every morning Still running 19.09.2024 | Easington Social Welfare Centre, Seaside Lane South, Easington Colliery, Peterlee SR8 3P 0191 527 06 35 easingtonwelfare@gmail.com |
| 38 | Horden Parish Council | Andy's Man Club | | Andy's Man club supports around 20-30 men, for free on a Monday evening from 6.45pm to 9.15pm to discuss any emntal 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. After discussions we felt that the use of Horden Welfare Football Ground Facilities would provide a comfortable and informal setting for the group. | Men | Mondays 7 – 9pm Still running 19.09.2024 | Horden Parish Council Horden Social Welfare Centre, Seventh Street, Horden, SR8 4LX Tel: 0191 5180823 Gemma Rowe deputy@horden-pc.gov.uk |
| 39 | East Durham Trust | Activate the Arts Café | Easington Central | To run a drop-in Arts Café addressing three main focusses: <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. Advice and signposting | Adults Older People | Tuesdays 10-12pm Evening session TBC | East Durham Trust, Community House Yoden Road, Peterlee, SR8 5DP 0191 5693511 jess.hunt@EastDurhamCreates.co.uk |
| 40 | Blackhall Community Association | Mental Health Support Group | Easington Central | 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. | Adults Men Only & Women Only 1.5 hour sessions side by side | Fridays 10.30 No longer running as a group but still open for drop in for a cuppa and chat 23.09.2024 | Blackhall Community Association, Hesleden Road, Blackhall, Hartlepool TS27 4LG Alison Paterson 0191 5867396 Alison.blackhallcommunity@gmail.com |
| 41 | Just for Women CIC | Crafting to Wellness | Derwentside | 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 | Women Who have been abused | Crafting to wellness sessions run Tuesdays, Wednesday and Thursdays. Still running 19.09.2024 | Just For Women Centre St Josephs House, Thornleyholme Terrace Stanley, DH9 0BL 01207 281145 Justforwomencentre@yahoo.co.uk |

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| 2021-22 | | | | | | | |
| 42 | Ferryhill Ladder Centre | Ladder Craft & Chat | Sedgefield North | 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. | Women | Tuesdays 10-12 Project no longer runs | Ferryhill Ladder Centre Ladder House, 5/7 Coniston Road Ferryhill, DL17 8EX Nigel Jones nigel@ferryhillladdercentre.org.uk 01740 651639 |
| 43 | GTD/Durham community boxing club | Up Skill for Life | Durham East | 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. | Unemployed | Wednesdays 6-7.30pm | Unit 27E, Whitham House, Mandale Business Park, Belmont, Durham, DH1 1TH Paul Lysaght paul@gothedistancecic.co.uk 07429156163 |
| 44 | St Pauls Centre, Spennymoor | Dementia Support | Sedgefield North | We are setting up a support group, not only for clients with dementia but offering support for the carers | People with Dementia and their carers | Thursdays 2-3.30pm Still running 23.09.2024 | St Pauls Centre Spennymoor St Pauls Gardens, Spennymoor DL16 7LR Maureen Aspey stpaulscentre@btconnect.com 07811166763 |
| 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 No longer running but took from it lessons learned and applied it to their current running project on a Friday 25.09.2024 | 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 Still running 19.09.2024 | Morrison Trust Morton Park Business Training Centre Yarm Road, Darlington, DL1 4PJ Sarah Bentley Sbentley@morrisontrust.org.uk 01325 387700 |
| 47 | Pelaw Communitiy 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 28The 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 Still running 19.09.2024 | Bernicia Pelaw View Community Centre, Hilda Avenue, Sherburn Road Estate, DH1 2EH Barbara Webb barbara.webb@bernicia.com 07880190331 / 0191 2383343 |
| 48 | Rose Cottage | Drop in & Discover | Easington District | A drop in session for any local people whos' mental health is suffering, who are socially | All | Mondays 10 – 12 | Rose Cottage Community Hub CIC |

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| | Community Hub CIC | | | 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 | | Still running 20.09.2024 | 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 Baptist Church | 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. 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 | All | Wednesdays 10.00am - 2pm No longer running but still groups available | Community Hub held @ Bishop Auckland Baptist Church, Westfield Road, Bishop Auckland, DL14 6AE Marion Hodgson Crawfordclose@gmail.com 07791564101 |
| 51 | Dig N Dinner | CALM in East Durham CIC | Easington Central | 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. 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. 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 | All | Wednesday 1.30 – 3.30 Was still running on a voluntary basis will close now for winter 24.09.2024 | CALM in East Durham CIC Broomholme, Stockton Road, Easington Village, SR8 3AZ Barbara Crisp Calmineastdurham@gmail.com 07868269253 |

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| | | | | can. This project will enable us to run workshops and courses. | | | |
| 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 Still running 19.09.2024 | <p>PACT House Stanley 39 Front Street, Stanley, DH9 0JE Darren McMahon MBE Pacthousestanley@outlook.com 07941139595</p> |
| 53 | Teesdale Day Clubs | Lunch Club at Startforth | Teesdale | <p>We had to close 2 clubs due to the impacts of the pandemic, reducing our reach across Teesdale 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> | Older People | Wednesdays 11am - 2pm Still running 19.09.2024 | <p>Teesdale Day Clubs Woodleigh, Flatts Road, Barnard Castle, DL12 8AA 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'</p> | Older people | | <p>Pittington Community Association Pittington Village Hall, High Pittington, DH6 1AN Rebecca McGarvie Rebecca@thesingingelf.co.uk 0191 3721682</p> |

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| | | | | 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. | | | |
| 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, 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> | To support those on end of life pathway | Tuesdays 11-12 The Lounge Still running 19.09.2024 | <p>St Teresa's Hospice The Wellbeing Hub in The Woodlands, Woodlands Road, Darlington, DL3 7UA John Paul Stabler Johnpaulstabler@darlingtonhospice.org.uk 01325 254321</p> |

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| 57 | Wheatley Hill Community Ass | Girls & The Cave | Easington District | To host groups weekly and provide activities for women of their choosing in line with covid secure restrictions / government roadmap at the prevailing time | Women | Still running 20.09.2024 | Wheatley Hill Community Association Greenhills Centre, Stephens Terrace, Wheatley Hill, DH6 3JS John Probert johnwprobert@gmail.com 01429 820214 |
| 58 | Bridge Creative | Starting Point Volunteer Group | Bishop Auckland | 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. | Adults with learning disabilities and autistic adults | Thursdays 10.30-12 noon | Starts June 2022 Bishop Auckland Ben Tinkler bridgecreative@outlook.com 07984516038 |
| 59 | Deaf Hill Regeneration Group | Get Active | Easington District | 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. | Adults | Monday 6-7pm, 8pm -10pm & Wednesday 6pm – 7pm | May 2022 Trimdon Station Community Centre Station Road East Trimdon Station, TS29 6BS Derek Bradley stationcommunitycentre@trimdon.org 01429 882200 |
| 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 Still running 08.10.2024 | 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 | Harbour Support Services provide a range of services in Durham/Darlington which offer immediate crisis support and longer term support | Women and families impacted by | Darlington | Starts 02.05.2022 Harbour Support Services 64 Duke Street, Darlington, DL3 7AN |

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| | | | Durham East Durham West Darlington | 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 | domestic abuse | Wednesdays 9.30am – 11.30am Durham City: 12.45pm to 2.45pm | 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 |
| 63 | Enter CIC | The Music Café | Sedgefield North | 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. | Older People | Tuesdays No longer running | Enter CIC 2 Chapel Terrace, Ferryhill, DL17 8JL Andrea Flynn Info@entercic.org 01740 655437/07949786950 |

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| | | | | <p>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.</p> <p>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.</p> <p>We are</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.</p> <p>Each session will be “bookended” with information, advice and guidance and an opportunity to talk in a non-judgemental and welcoming environment.</p> <p>Refreshments will also be provided.</p> <p>Establish and qualified Sacriston Youth and Community project staff will be allocated to the project, and we will recruit external high quality and accredited therapists to the project on a sessional basis.</p> | Adults | TBC No longer running but a similar group is running on the same day 25.09.2024 | <p>May 2022</p> <p>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> |
| 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> | 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 Severn Crescent, South Moor, Stanley, DH9 7PZ Paula Murray Barrett stanleyypc@outlook.com 07446245448</p> |

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| | | | | <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> | | | |
| 66 | Blind Life Durham | Post Covid Happiness | Durham, Spennymoor, Wolsingham, Ferryhill | 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. | 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>Still running but onto something else along the same lines 23.09.2024</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> |
| 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 | Adults | <p>Allotment open 7 days a week.</p> <p>2 days will be group support which are</p> | <p>Home Group Wellbeing & Recovery Services, Bluebell Hub, 48 Bluebell Close, Newton Aycliffe</p> <p>Allotment based in Horden</p> <p>Dean Whelan</p> <p>Dean.Whelelan@homegroup.org.uk</p> <p>07568107771</p> |

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| | | | | 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. | | Mondays 11.30-3.30 Wednesday 9.30-12 Still running 19.09.2024 | |
| 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 Still running 20.09.2024 | 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 | Monday – Friday 10am – 3pm Still running but has morphed into the current project we are funding DCP Wellbeing hub | 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 Still running 30.09.2024 | 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 particular emphasis on young people aged 18-25. The craft group will be an opportunity to | Young People 18-25 | Mondays 12.30-3.30 Still running but as a safe space only as no funding for crafts and | Pact House Cemetery Office, Off East Parade, Stanley DH9 0PS Jay Brewis info@thinkpositivedurham.org 01207 280407 |

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| | | | | reduce social isolation, increase confidence, manual dexterity, learning and observation and develop greater social skills | | materials 19.09.2024 | |
| 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 | Monday morning weekly (apart from bank holidays) and monthly on Saturdays 10 - 2pm Still running 23.09.2024 | <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 | 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. | 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 | 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 | Adult Women | Wednesdays 12-4pm Still running 19.09.2024 | <p>St Josephs House, Thornleyholme Terrace, Stanley, DH9 0BL</p> <p>Linda Kirk justforwomenscentre@yahoo.co.uk 01207281145</p> |

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| | | | | a range of activities in skills development, 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</p> | Adults | Every 2 nd & 4 th Friday of every month – 10:30am-1:00pm | <p>Jubilee Road, Shildon, DL4 2AL</p> <p>Lesley Bowes jubileefields@btconnect.com 01388 775425</p> |

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| | | | | activities to compliment the third-party guests we invite along to the group. As part of the bi-weekly sessions, we shall have a food offering which will enable time for social 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 | 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. 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. The Hub will embed health within the Consett over 55's community and residents suffering from poor health. | Over 55's | Mondays 2-4pm | SportWorks, Royal Quays Business Centre, Coble Dene, North Shields, NE29 6DE Calum Maddison john.newton@sportworksltd.co.uk 0191 5800 120 |
| 78 | Teesdale Day Clubs | Support Matters – rural and town | Barnard Castle and Woodland | 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. 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. 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. | Older Adults | Mondays & Tuesdays 11-2pm Still running 24.09.2024 | Teesdale Day Clubs, Woodleigh, Flatts Road, Barnard Castle DL12 8AA Andrea Hobbs Andrea.hobbstdc@gmail.com 01833 695822 |
| 79 | Horden Parish Council | Warm and Welcome Winter Hub | Horden | The Warm and Welcome Winter Hub is a new project aimed at providing a warm, safe place at Horden Social Welfare Centre where residents | Adults | Tuesdays 9.30 – 11.30am | Horden Social Welfare Centre, Seventh Street, Horden, Peterlee, Co Durham, SR8 4LX Gemma Rowe |

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| | | | | 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. 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. | | Still running 23.09.024 | deputy@horden-pc.gov.uk 0191 5180823 |
| 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 Still running 25.09.2024 | 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 enstasy it provides. Our community users confirm what research says regarding the positive impacts it has on their physical, | Adults | Thursdays 10-1pm Still running 03.10.2024 | 164 North Road, Darlington, DL1 2EL Dr. Graham Bright graham.brightthewellmethodistchurch@hotmail.com 0792 7852038 |

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| | | | | emotional, psychological, spiritual and social wellbeing. | | | |
| 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 Cottage Café will provide the meal, this project will run for 6 months. | Adults | Wednesdays 11-1pm | Rose Cottage, Rose Street, Trimdon Grange, Co Durham, TS29 6EH Michelle Douglas-Allison michelledouglasallison@yahoo.co.uk 07977553356 |
| 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 Still running 23.09.2024 | The Old Fire Station, Darlington Road, Ferryhill DL178EX Carole King info@endeavourwoodcrafts.com 01740 657676 |
| 85 | The Cornforth Partnership | Healthy Communities | Cornforth | 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. We provide a robust package of community led support at a grass roots level in communities across County Durham around 4 broad themes: <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 | Adults | Tuesdays 1.45 – 3.45pm | St Michael & All Angels church, Coach lane, Witton Gilbert DH7 6SX |

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| | | | | <p>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 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> | | | <p>Gillie Boggon breathingspacedurham@gmail.com 0191 3711387</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 No longer running 23.09.2024 | <p>Bradbury House, Beaumont St. West, Darlington, DL1 5SX 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 Still running the Thursday session 23.09.2024 | <p>Spennymoor Youth and Community Centre, Rushmoor, Merrington View, Spennymoor, DL16 6PP Michael Fishwick michael@syaca.co.uk 07572043594</p> |

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| 89 | The Hospital of God at Greatham | Memory Lane Cafe | Horden | 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 the discrimination and stigma often faced in less understanding environments. | Adults | 2 nd Thursday of every month 3.15pm-4.45pm | Head Office - Estate Office, Greatham, Hartlepool, TS25 2HS Nicola Garrett nicola.garrett@hospitalofgod.org.uk (01429) 870247 |
| 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 fund 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 | Men | Fridays 10-2pm Still up and running 23.09.2024 | Chilton Town Council, Hutton House, Durham Road, Chilton, DL17 0HE Joanne Jones joanne.jones@chiltondurham-tc.gov.uk 01388 721788 |

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| | | | | 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. | | | |
| 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 | One day a week from 10am – 1pm open access for members of the community to come along enjoy a hot snack hot/cold drink, socialise, have access to laptops/internet , help and advice and join in with arts and activities. A specialist instructor will lead arts sessions, engaging in arts helps people improve their mental health through creativity. Making art is a helpful tool helping many people express themselves without having to use words. The specialist instructor has a bespoke programme to deliver to a range of ages, for example people in later life can rebuild their social connections and extend existing support in their communities. Getting in touch with others helps in alleviating loneliness and isolation, art activities can help increase social interactions which can improve | Adults | Thursdays 10-1pm | Caroline Jackson DERIC Youth Bus Project 16 Beaurepaire Community Hub Bearprk Durham DH77DZ Dericproject2001@gmail.com 07808866887 |

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| | | | | mood and wellbeing. Art engagement also alleviates anxiety, depression and stress. Our aims are to alleviate anxieties, loneliness, depression and signpost beneficiaries to other organisations if necessary. | | | |
| 96 | Chilton Town Council | Craft Social | Chilton | <p>We would like to offer participants the opportunity to take part in tutor led activities giving them new skills and helping them to build their confidence in a friendly and inclusive environment. They will learn and take part in variety of crafts with an experienced and patient tutor who will be adaptable to the needs and levels of experience. Tutor sessions will last for 2 hours and then there will be an hour for members to carry on their own projects and socialise together. Volunteers will be on hand to make everyone welcome, staff will still be available in the building to help with any issues that arise and to maintain safety and security.</p> <p>As part of the project we will have the opportunity to identify needs within the group and will signpost members to relevant organisations or to the experienced IAG worker that attends our premises which is also on a Tuesday. The drop in operates at the same time that we intend to hold the project so members will be able to discreetly.</p> | Adults | Thursdays 10-1pm | <p>Joanne Jones Chilton Town Council Hutton House, Durham Road, Chilton, DL17 0HE joanne.jones@chiltondurham-tc.gov.uk 01388 721788</p> |
| R1 2023-24 | | | | | | | |
| 97 | Daisy Arts | Art in Action | Newton Aycliffe/Bishop Auckland | <p>ART in ACTION Passion Creativity Purpose Arts and crafts doesn't just offer adults a new hobby or interest; it also boosts their wellness and lowers stress levels. "Arts and culture play an important role in community health care." ARTS COUNCIL SOCIAL PRESCRIBING</p> <p>Art in Action will be a series of 10 weekly sessions at three different venues between September 2023 and March 2024 with sessions open to all abilities – minimum 10, maximum 20 participants at each venue, with participants dipping in and out if necessary though we would hope that they would join with us for the journey. We will achieve engagement through art and all its wonder; a basic human activity that is in us all and used every day... it gives meaning to our lives and helps us understand the world. Our programme would offer a wide variety of arts-based activities to suit all, activities to stimulate and provide enjoyment to those taking part.</p> | Adults | Monday, Tuesday, Thursday | <p>Jane Crawford POD 6, 42 Market Place, Bishop Auckland, DL14 6PD jane@daisyarts.org 07570 868605</p> |

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| 98 | Real Lives Real Choices | Articipants | Sacrison | To deliver a project that supports a gap for people with learning disabilities who have complex needs, additional mental health needs, risk issues and vulnerabilities that require a tailored, highly focused, community-based response. The project will sit in a space that has overlaps between disability and participatory arts with activities that support arts and health, arts and mental health, well-being, quality of life and community inclusion. | Adults with Learning Disabilities and complex needs | Wednesdays 10-12 | Alison Russell Real Lives Real Choices, Unit D, Old Coop Buildings, Plawsworth Road, Sacrison, County Durham. DH7 6PD alisonrussell666@gmail.com 07989 571106 |
| 99 | CALM In East Durham CIC | CALM Allotment Program | Peterlee West | Our aim for the next 12 months would be to continue to develop the CALM Gardens with the following activities on a Saturday; 1. Tutor lead development of the allotment, offering sessions on composting, pests, seasonal planting to name a few. The tutor would be on site each session to offer support and guidance to anyone who wishes to come and get involved. Our aim is to eventually have 16 fully actioned raised beds, 4 standing beds for those who cannot comfortably access the ground, fruit trees, herbs and a greenhouse full of salad produce. This will be offered to the volunteers free to take home to use as well as being used in the preparation of meals on site. Should there be surplus, (which we would expect), fruit and veg bags will be available for other members of our community to access through local food banks or on request on site. The lead on this part of the project is a gardener by trade as well as being a Yoga teacher, and has had an allotment for many years. CALM is now a member of the Heritage Seed Library, and we access a wide variety of interesting produce to grow. The allotment area requires further groundwork, equipment such as tools and especially water butts to make it efficient and so as part of this proposed project, we have secured £1500 of Neighbourhood budget from a local councillor. 2. Family Workshops will be offered on a monthly basis to engage with children and their parents and help them get a better connection with nature and food as a whole. We anticipate more nature workshops as we have been currently running as well as family cook days when produce is ready to eat. This will allow the children to pick their ingredients | Adults (children can attend with an adult) | Saturdays 10-4pm | Barbara Crisp The Old Bowling Green, Lowhills Road, Peterlee, SR8 2EA Calmineastdurham@gmail.com 07868269253 |

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| | | | | and then create a meal. One tutor for this project is a Ranger for the National Trust and the other works for Natural England working with volunteers. Both are offering time to support our work. | | | |
| 100 | Teesdale Community Resources | Community Activity & Lunch | Barnard Castle | We currently provide a community lunch for older people in our area, which runs weekly on a Thursday from 12pm – 1.30pm. We recognise that for a lot of the attendees, this is often the only time they leave the house each week, and for some is the only time they engage in conversation with another adult during the week as well. Our community cook currently prepares them a two course homemade lunch, and we provide minibuss transport to and from the Hub for those people who cannot otherwise access the Hub (your comments regarding use of funding for transport is noted). | Adults | Thursdays 12-3pm | Rachel Tweddle Shaw Bank, Barnard Castle, DL12 8TD Rachel.tweddle80@gmail.com 01833 690150 |
| 101 | St Teresa's Hospice | Creative Cafe | Darlington, Newton Aycliffe, Shildon, Barnard Castle. Durham Dales | The Creative Café is a weekly creative based therapy session for people living with a long-term condition or progressive illness, utilising art and social connection to improve wellbeing and quality of life. It is led by the hospice's Specialist Palliative Care Counsellor. Addressing people with long term health conditions, we aim to support their wellbeing through undertaking a creative activity in a supportive and comfortable environment alongside peers with the guidance and support of an experienced professional with mental health training | Adults with long term health conditions | Thursday 1-3pm | Julie Wood St Teresa's Hospice, The Woodlands, Woodland Road, Darlington, DL3 7AU juliewood@darlingtonhospice.org.uk 01325 254321 |
| 102 | Just for Women Centre CIC | Emotional Resilience | Stanley | Just For Women Centre will provide weekly emotional resilience workshops to groups of six women to work through trauma, develop coping techniques, and build resilience. The project aims to provide a safe space for women to talk about their mental health, past experiences, and to receive mental health support. The course is comprised of four workshops, with each session lasting four hours, including a break for lunch. Lunch is provided by the onsite café where women can order from the menu a selection of soup, sandwiches, toasties, jacket potatoes etc. which provides an opportunity for women to be social, building friendships and a strong support network. The workshops cover dealing with compressed emotions, tools to cope with anxiety, techniques for building resilience, meditation, and | Women Survivors of Abuse | Thursdays 10-2pm | Linda Kirk Just for Women Centre CIC, St Josephs House, Thorneyholme Terrace, Stanley, DH9 0BL justforwomenscentre@yahoo.co.uk 01207 281145 |

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| | | | | yoga. The physical exercise element of this workshop promotes well-being and encourages women to participate in further exercise. | | | |
| 103 | Sarah Johnson Photography- Mindfulness and Photography | Click and Connect with Mindfulness and Photography | Newton Aycliffe | <p>These sessions will be a relaxed space to gather together with others to offer a safe space to explore mindful techniques, meet new people and also learn a little more about photography.</p> <p>The sessions will be an hour and include tea and coffee (and biscuits). These sessions will be available to anyone in the local area.</p> <p>The sessions will include practical tasks to help to reduce anxiety through mindfulness, tasters to meditations and also to learn about photography basics with a take home task to work on.</p> | Adults | Early evening for 1 hour, every other week term time. Day tbc | <p>Sarah Johnson 54, Westmorland Way, Newton Aycliffe, County Durham. DL5 4LP sarah@sarahjohnsonphotography.co.uk 07805 896498</p> |
| 104 | The Well Methodist Church | Lets Cook Together | Darlington | <p>We will work with Morrison Trust to offer certificated food hygiene courses, thereby improving confidence and employability. Our current intention is to offer a rolling programme of 6 week/half-termly courses (term-time only) each for up to 6 adult participants (plus children) Related supervised activities could be provided for younger children by suitably vetted Well staff and volunteers. Those completing the course would be awarded some cooking utensils and a certificate, and, subject to completing relevant food hygiene and safeguarding training, encouraged to volunteer on subsequent courses provided for other families. Volunteer opportunities to contribute to the other work we do in our kitchen could be developed, and, for those inspired towards considering a career in catering, connections with catering staff/teaching team at Darlington College could be used as a pathway to further discussions.</p> | Adults | Tuesdays 4-6pm | <p>Dr. Graham Bright The Well Methodist Church 164 North Road, Darlington, DL1 2EL graham.bright@thewellmethodistchurch@hotmail.com 0792 7852038</p> |
| 105 | Groundwork NE & Cumbria | Greenways to Wellbeing | Coundon | Sessions will provide vital opportunities for local people to improve their wellbeing by engaging in worthwhile activities where they can share experiences, develop their knowledge and skills | Adults | Mondays 1-3pm | <p>Lisa Taylor Groundwork NE & Cumbria Unit 14, Welbury Way, Aycliffe Business Park, Newton Aycliffe, DL5 6ZE Lisa.Taylor@groundwork.org.uk</p> |

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| | | | | <p>whilst also increasing social interaction and reducing isolation.</p> <p>The project is based around our successful models, 'Youth Shack', currently delivered in Redcar/Cleveland and 'The Cabin', delivered in Darlington which are both designed around the '5 Ways to Wellbeing'.</p> | | | 07930 330 794 |
| 106 | The Craft Cabin CIC | Mental Health Monday | Chester Le Street | <p>This project will create a safe and welcoming space for families and our local community to come together and engage in activities that promote mental health and wellbeing. This space will be equipped with a variety of craft supplies and tools to enable participants to engage in a range of creative activities that are shown to have a positive impact on mental health. These activities will be led by Emma Marshall and another support worker, who are both experienced in working with people with mental health issues and are fully trained in safeguarding and mental health. This project will also include the recruitment and training of a volunteer who will support the project.</p> | Adults | Mondays 10-3pm | <p>Emma Marshall 156A Front Street, Chester le Street, Co. Durham DH3 3AY info@artypartycraftcabin.co.uk 07734050472</p> |
| 107 | GTD "Go The Distance" | No Future Now we Have a Future | Gilesgate-Sherburn Road-Sherburn Village-Sherburn Hill-Pittington-West Rainton | <p>We would like to break the mould here and step out of the box and help different underrepresented groups in Durham including LGBTQ+-women & girls-disabled girls-unemployed women create a ongoing activity at GTD including social skills-life skills- money matters-employment advice off professional teachers, helping this group to feel safe, secure, confident, motivated and disciplined to achieve a worthwhile course with and end goal without prejudice in County Durham. We would also like to use the power of sport to help them on their way with Pilates-tai-chi-yoga-Hitt classes and boxing training building confidence and discipline.</p> | Adult Women, LGBTQ+, Disabilities, | Tuesday or Thursdays 6-8pm TBC Still running 30.09.2024 | <p>Paul Lysaght GTD "Go The Distance" Unit 27 E, Whitham House, Mandale Business Park, Gilesgate Durham paul@gothedistancecic.co.uk 07429156163</p> |
| 108 | Sporting Force | Operation Grit | Based in Darlington with outreach across County Durham | <p>We will offer non-crisis mental health support alongside improving physical health and well-being using the facility in which we based our Warm Space last year in the centre of Darlington.</p> | Adults, ex veterans, LGBT | Tuesdays 9-5pm | <p>Jacqui Nicholson Sporting Force 36 Blackwellgate, Darlington DL1 5HW Jacqui.nicholson@sportingforce.org 07834370780</p> |

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| | | | | <p>Participants will benefit from full use of our Wellness Centre, with support from Personal trainers, Gym Instructors and our Wellbeing Team lead by our Veteran Support Officer. Health improvement programmes to reduce smoking, alcohol and improve nutrition.</p> <p>The Resistance Pool and Hydro Hot Tub alongside the sauna are open 9-5 Mon to Fri.</p> <p>The Safe Space also offers hot drinks, snacks, use of laundry facilities, hot showers and companionship.</p> <p>Eligibility: - Ex service personnel, reserves and serving personnel. This project will also be open to wider members of the armed forces community, partners, family members and close friends or carers of a veteran, reserve or serving personnel who have mental or physical injuries, long term health conditions or are lonely, isolated and in need of support and comradeship.</p> <p>Referral Pathway – from social prescribers, other charities and support agencies, self referral</p> | | | |
| 109 | RTPProjects | RTPProjects Crafty Cafe | Gilesgate | <p>To deliver 52 weekly sessions of therapeutic creative activity alongside one to one mental health support. The Crafty Cafe Happiness Hub will run on Weds afternoons, from 1.30 – 4pm. There will be places for up to 12 people each session. We anticipate 30 people overall will attend over the period of the grant. The target group will be adults over 18 in Durham who are struggling with their mental health. The project will provide multiple opportunities for volunteering.</p> <p>The Crafty Café will offer activities such as singing, creative writing, painting, ceramics, printmaking, and song writing, and more. These will be facilitated by a bank of creative facilitators. The creative practitioners will teach creative skills using a combination of group demonstrations and one to one hands-on practical support to each individual in the group, depending on the activity and how people respond best to the teaching approach.</p> <p>The sessions will also be staffed by a mental health support worker who will be available to provide one to one support for all participants. Our mental health support workers are trained</p> | Adults | Wednesdays 1.30-4pm | Emma Beattie RTPProjects The Open Art Surgery, 23 Mill House Court, Gilesgate, Durham, DH1 2JJ emma@rtprojects.org.uk 01913849745 |

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| | | | | listeners who help individuals make sense of their feelings and find meaning in their story as they find ways to cope with their experiences. Participants will be supported with loss, anxiety, depression and other challenges that arise from modern humanity. Active listening is used to enhance wellbeing and build resilience. Active listening is not counselling – it allows the individual to explore their experience, however the 'Listener' can identify and can suggest other agencies to help when specific counselling may be needed. | | | |
| 110 | Community Hub @ Bishop Baptist Church | Community Hub @ Bishop Baptist Church | Bishop Auckland | We intend to keep the momentum of warm space going along and renaming it as Open House on Tuesdays and Thursdays, The garden has a market stall in to store the food in such as bread and salads this allows other people to use the facility such as hospital staff who may feel a little embarrassed about using the facility. We also have at least two rough sleepers who are living out of our bins and so we leave any food we have cooked in tubs when safe to do so. | Adults | Tuesday, Wednesday, Thursday 10-3pm | Community Hub@BishopAucklandBaptistChurch Westfield Road Bishop Auckland Marion Hodgson crawfordclose@gmail.com 07791564101 |
| 111 | Darlington FC Foundation | Think with Your Feet | Darlington | The sessions have been well attended and targeted at those who are not working due to Mental Health challenges. We have linked with Kooth and have advertised our project through the local NHS as well as through Samaritans and MIND. In latter times, the NHS have brought a small number of inpatients from their mental health ward to join in our activities. This has been particularly successful as we have seen two patients who have been discharged from the ward, continue to come along to play after their release to aid their wellbeing. We also regularly have an NHS Care-navigator directing clients to come to our project. The Football Association states there are three key ways that football can help with Mental Health: <ul style="list-style-type: none"> • Improving people's mental health • Creating social inclusion • Helping physical health | Adults | Tuesdays 1-3pm | Darlington FC Foundation Blackwell Meadows, Grange Road, Darlington, DL1 5NR Barry Thompson Barry.thompson@darlingtonfcfoundation.org.uk 07946 549591 |
| 112 | Tudhoe Community Centre | Tudhoe Cuppa Club | Tudhoe, Spennymoor | Tudhoe Cuppa CLUB, which is a weekly drop in for adults to use Tudhoe Community Centre to get together on an evening for snacks, chat and a game of bingo. | Adults | Thursdays 5.30 – 7pm | Tudhoe Community Centre St David's Close, Tudhoe, DL16 6TA Michael Fishwick michael@syaca.co.uk |

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| | | | | The drop-in attracts 12-14 regulars of mainly older residents, men and women. We would like to grow and develop the drop-in, offering access to advice and information such as health checks, crafts, access to fareshare food etc, working with our partners including wellbeing for life, age uk county durham and others. We will ensure there at least 4 advice and information sessions where partners are invited in to share and talk to project users. These sessions will be guided by the needs of project users and we will deliver more on demand. | | | 07572043594 |
| 114 | Our Space | Pelton Community Centre | Pelton, Chester-le-Street | Pelton Community Centre has always opened its doors to someone looking for a rest spot, a warm room, a cuppa or place to sit and chat, however this project allowed us to dedicate a day and time to being a warm space and encouraged people to use it. After a slow start we now see a regular group of people attending and benefiting in one way or another. Some pop in and out and pop in when they can, others are here every week without fail. We offer the room, and with funding, we purchased board games, mindfulness colouring, activities, knitting and more. We then provide refreshments and something to eat, nothing much, but usually something as a treat for those who attend. | Older People | Thursdays 10-4pm | Pelton Community Centre, Front Street, Pelton, Chester-le-Street, Co.Durham DH2 1DE Mrs Clare Robinson 01913700726 clare@peltoncc.org.uk |
| 115 | The Active Life Foundation | Your Wellbeing | Darlington | The project will feature one session a week, through consultation and discovery of the need, a gentle Mat Pilates been identified as the initial activity. A feedback loop will be created and we will continually be in consultation with project beneficiaries to ensure the activity is co-designed and appropriate for their needs. Aiming to meet the clients' expectations and ensure engagement and retention. The need for a gentle mat Pilates has been identified through consultation we carried out in the local community as well as a need emerging through various inquiries, we received when delivering other projects. Refreshments will be provided at each session, with a 'social time', where clients will be encouraged to provide peer support and share their lived experience of mental health. | Adults | Wednesday 10.30-11.30 | The Active Life Foundation 31 Brunel Street, Ferryhill, Co. Durham, DL17 8NX Phil Seymour 07983531150 Phil.seymour@theactivelifefoundation.org.uk |

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| | | | | The project will support the clients and also aim to enhance mental and emotional wellbeing through 5 ways to wellbeing at each session. | | | |
| 116 | Rose Cottage CIC | Wellbeing Wednesdays | Trimdon Grange & Surrounding Villages | We will be running a weekly wellbeing session for up to 16 people in a fun, warm and welcoming environment for the community of Trimdon and local areas. To enliven and empower people to improve their mental health, reduce social isolation, spark imagination and grow in confidence as they discover a new skill with a focus on creativity. | Adults | Wednesday 10-12.30 | Rose Cottage Community Hub CIC Rose Street, Trimdon Grange, Co Durham, TS29 6EH Michelle Douglas-Allison 07977553356 michelledouglasallison@yahoo.co.uk |
| 117 | Ferryhill Ladder Centre | Women's Ways to Wellbeing | Ferryhill, Chilton, Bishop Middleham, West Cornforth, Shildon, Newton Aycliffe, Trimdon, Durham area | Women's ways to wellness support group at the Ferryhill Ladder Centre. During this time, we have helped over 30 women from across County Durham (including Ferryhill, Chilton, West Cornforth, Bishop Middleham and Spennymoor to improve their health and wellbeing, be less isolated and more involved in their community. Referrals for this project have been excellent and continue to be received on a weekly basis. Funding for this project is coming to an end and we would like to apply for further funding to continue to grow this project. Over the last year we have identified volunteers from the group who are in the process of being trained and mentored to run the group in the long term, however at present this mentoring and training is incomplete and is a work in progress. | Women | Tuesdays 10-2pm | Ferryhill Ladder Centre 5/7 Coniston Road Ferryhill County Durham DL17 8EZ Louise Longstaff 01740 651639 louise@ferryhillladdercentre.org.uk |
| 118 | Live Well North East | Happiness Hub | Sacrison | Providing prevention, early intervention and quick action activities and support for adults to improve mental and physical health and wellbeing. We will deliver three weekly 'fitness with child play' sessions, two weekly 'cuppa time' sessions and a monthly SEND parent support session. | Adults | Sunday, Tuesday, Wednesday, Thursday, Friday 1pm-2.30pm, 9.30-11.30am, 4 – 5pm Still running 08.10.2024 | The Live Well Centre, Unit 4 old cooperative workshops, Plawsworth Road, Sacrison. DH76HJ Emma Pattison 07530361626 emmalivewellne@gmail.com |
| 119 | Auckland Youth & Community Centre | Stay & Scrان | Bishop Auckland | The environment that this project will create will be a safe space that will be warm, friendly and supportive and works on a drop in basis. Staff are trained to listen to our users and signpost to services or bring services into the centre as and | Adults | Monday 5.30-7.30pm | Auckland Youth and Community Centre Walker Drive Bishop Auckland Co Durham DL14 6QL Joni Moore 07517657894 |

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| | | | | when needed. The project will deliver a variety of weekly quizzes, bingo, play your cards right etc. The emphasis will be on reducing isolation and improving mental and emotional health whilst encouraging healthy lifestyle choices. | | | Joni.moore@aycclimited.co.uk |
| R2 Aug – Sep 2023 24 | | | | | | | |
| 120 | The Active Life Foundation | Active Minds | Darlington | <p>The grant will create a safe sphere for clients aged 18+ to meet socially and participate in appropriate physical activities.</p> <p>Project personnel have mental health first aider qualifications and have experience providing necessary support, advice and signposting to wider services.</p> | Adults | Fridays 1-2pm | <p>The Active Life Foundation 31 Brunel Street, Ferryhill, Co. Durham, DL17 8NX Phil Seymour 07983531150 Phil.seymour@theactivelifefoundation.org.uk</p> |
| 121 | Endeavour Woodcrafts | Eat Healthily and Live Well | Ferryhill, Newton Aycliffe, Sherburn, Gilesgate | <p>We would intend to offer a fortnightly basic cookery class, explaining the benefits that healthy eating can offer physically, mentally and socially. We will explain the dangers when using kitchen equipment and how it can be used safely and offer reassuring compromises for their safety e.g., knife use on preparing vegetable or buying pre prepared or frozen vegetables, which can reduce wastage and ensure personal safety.</p> <p>Each week clients will be making a healthy meal and they will be given basic nutritional facts and explained the benefits of eating the foods we would cook, as well as giving basic budgetary information to ensure living within a budget is maintained. The meal would be prepared and then cooked by the end of the session. To increase social contact the food would be eaten together and further offer the chance for friendship and support networking.</p> | Adults with Learning disabilities, Deaf clients | Thursdays 10-12 | <p>The Old Fire Station, Darlington Road, Ferryhill DL178EX Carole King info@endeavourwoodcrafts.com 01740 657676</p> |
| 122 | Jack Drum Arts | Feel Good Fridays | Crook | Feel Good Fridays will run weekly during term time. Participants can take part in arts activities and/or volunteer in our community kitchen learning new culinary skills to provide meals for the rest of the group. We believe that good nutrition is essential to good mental health, which is why we'll be providing high quality, healthy food at each weekly session. This will also help | Adults | Fridays 12-3pm | <p>Jack Drum Arts St Cuthbert's Centre, Church Hill, Crook, DL15 9DN James Shepherd jamesb@jackdrum.co.uk 01388 765002</p> |

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| | | | | to fight food poverty in the area, which is a significant issue for many of our service users with volunteers helping with setting up and assisting with sessions. Car sharing supports those with barriers such as lack of access to affordable transport or who live in areas with no regular bus service. We have a team of skilled and experienced arts and wellbeing practitioners who are passionate about promoting positive mental health through participation in creative communal activities. | | | |
| 123 | Wheatley Hill Community Centre | Girls with Goals The Marras | Wheatley Hill | <p>We will provide a non-clinical safe space/support network in which individuals can come together and benefit from the simplest things of having somewhere to go; someone to talk to; someone to listen; something to do alongside their peers. We will involve the group to make their own decisions about activities they participate in. We will listen to their voice and encourage them to try new things.</p> <p>We will run groups in two different areas of the building at the same time. The areas will be inviting, accessible, safe and open to all. We will provide comfortable tables and chairs and an area to participate in an activity of the week. The members will have opportunities to chat and have refreshments, make new friends, share stories and take part in activities that are physical and mentally stimulating. This will include gentle dance sessions, the arts, cooking, guest speakers and courses.</p> | The group is aimed at over 50's in the village and surrounding areas, we welcome everyone regardless of their background. | Tuesdays 10.30 - 12 | <p>Wheatley Hill Community Association Greenhills Centre, Stephens Terrace, Wheatley Hill, DH6 3JS Tammy Best tammy.best@greenhillscentre.co.uk</p> <p>01429 820214</p> |
| 124 | Homegroup Wellbeing and Recovery | Horden Community Allotments | Horden | <p>Horden Allotment aims to provide a safe space for users to develop skills, make new friends, discuss mental health and build support networks. As the existing allotment project has been successful so far we are predicting a drop in attendance due to the colder weather. Therefore we are applying to build a potting shed for users to gain shelter, have a cup of tea, store items and still be realistically attend the sessions even if the weather is poor.</p> <p>Currently Horden Allotment is open 2 days a week for group support. Providing an opportunity for people to discover new hobbies and express their creativity. The group is open to anyone, including those with</p> | Adults | Mondays 11.30am to 2.30pm & Wednesdays 9.30am to 1pm | <p>Home Group Wellbeing & Recovery Services, Bluebell Hub, 48 Bluebell Close, Newton Aycliffe Allotment based in Horden Dean Whelan Dean.Whelan@homegroup.org.uk 07568107771</p> |

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| | | | | disabilities or health issues. During these sessions, attendees have the opportunity to engage in gardening activities such as tending to raised bed areas, planting vegetables and flowers, as well as constructing seating areas and paths. This will not only provide attendees with new skills but also enable those who already have skills to teach others. We believe that this will create a safe space for users to develop skills, make new friends, discuss mental health, and build support networks. | | | |
| 125 | Horden Hub House Coalfields Regeneration | Horden Together Happy Together | Horden | <p>We aim to provide warm, welcome and happy spaces every day of the week in Horden delivering positive outcomes for adults experiencing mental health issues, enabling them to live a happier, healthier and safer lives. Ideally many will take on voluntary roles within the welcome spaces and beyond, improving skills and confidence.</p> <p>The project will support physical and emotional wellbeing and mental health through the provision of these weekly activities that will be open to anyone on an ongoing basis. They can be referral or drop in based and will contain a mixture of activities to meet the needs of the groups.</p> | Adults | Monday – Friday Various times | <p>Horden Hub House-Coalfields Regeneration Trust, 54 Seventh Street Horden Paula Snowdon 01914473340 Paula.snowdon@coalfields-regen.org.uk</p> |
| 126 | A.I.M.S (Active Inclusive Motivational Steps) | Mugnificent Mornings | Peterlee and surrounding areas | <p>The new session will be built around a specific activity with the emphasis on social interaction around, reminiscences and shared experiences. Activities will include Dene walks, Dancing, arts & crafts, book reviews, small board games, darts, dominoes, bingo, quizzes tournaments etc. In addition to this we will provide on a quarterly basis, outside speakers, visits to other established groups e.g. Community Garden/Allotment club, Woodhouse Park, as well as discovering local amenities and places of interest, as decided by the group members.</p> <p>The areas we will cover will meet the needs of the moment such as mental health, dementia, cost of living crisis, loneliness, and other local issues. Instigating the formation of 'Mugnificent Mornings'</p> | Adults | Thursdays 10.30 – 12.30pm | <p>A.I.M.S (Active Inclusive Motivational Steps) The Pavilion, Helford Road, Peterlee SR8 1ER Diane Morton 07565012421 aimspeterlee@outlook.com</p> |

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| | | | | We will use the established staff who are the Health & Wellbeing team, Catering staff, and physical activity coaches along with members of the AIMS committee. These together with our volunteers have undergone DBS checks and completed foundation courses in such things as health & safety, Food Hygiene etc. Durham Community Action Training offers a range of courses some of which are web based and we can invite any interested individuals to attend as a class. The sessions will be mainly facilitated by volunteers who are very important to the success of the project. In the past, we have had clients who have developed through empowerment to become volunteers that now actively participate and deliver a range of activities. They have been guided and encouraged to develop their social skills through individual support and where necessary training. | | | |
| 127 | Randoms Retreat | Randoms Retreat Happiness Hub | Consett | This project is aimed at creating safe and welcoming spaces where community members can connect, find support, and enhance their happiness and wellbeing. Activities include Forest School to connect with nature, rewilding initiatives for ecological conservation, equine learning for personal resilience, and horticulture for mental health benefits. The hubs are open to all community members, fostering social bonds and promoting healthier lifestyles. We believe in the healing power of nature and we know from experience that activities within nature allow individuals to open up about their experiences and talk about their challenges in a safe space. | Adults | Tuesdays 10-1pm | Randoms Retreat, 45 Denecrest, Medomsley, Consett, Durham, DH8 6PY Mandy Kelly 07586714493 mandy@randomsretreat.co.uk |
| 128 | Real Lives : Real Choices | RecycLD Shabby Chic Mens Shed | Chester le Street | We would like to deliver a project that draws from the successes and learning of previously delivered programmes in furniture upcycling that we know is deliverable within the physical spaces and workshops we can access, staff skill sets and supports a gap for people with learning disabilities who have complex needs, additional mental health needs, risk issues and vulnerabilities that makes other mainstream | Adults with Learning Disabilities | Thursdays 1-3pm | Real Lives : Real Choices Unit D, Old Coop Buildings, Plawsworth Road, Sacriston, DH7 6PD Alison Russell 07989 571106 Alisonrussell666@gmail.com |

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| | | | | services and services for people with learning disabilities the incorrect approach. The proposed project is a Men's Shed within the men's shed model with activities framed around furniture upcycling and restoration, tabletop metal working, large scale knitting and sewing to create repurposed pieces such as bespoke aprons and toolbelts. | | | |
| 129 | Harbour Support Services | Safe Space Getting Together | Durham, Darlington, Stanley | An effective way 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 is to provide opportunities for women to engage in social interactions with others who have had similar experiences. This is supported by previous interventions, providing peer support and therapeutic activities which have generated overwhelmingly positive feedback | Women | Tuesdays Durham City: 10.00 to 12 noon Stanley: 13.00 to 15.00 Darlington: 10.00 to 12 noon | Harbour Support Services 64 Duke Street, Darlington, DL3 7AN Rachael Leech rachaelleech@myharbour.org.uk 07584124834 |
| 130 | Think Positive PACT House | The Black Dog Reading Group | Stanley, Consett | <p>The Black Dog Reading Club will be a mental health reading group that meets weekly to share the benefits and experiences reading and improving mental health and wellbeing that mental stimulation this can bring. Each month it will be available to 10 participants and they will each receive a book package.</p> <p>Inside that package will be a specific book chosen for the purpose of uplifting mental health and improving mood and emotional state. This could be anything from an uplifting or inspirational novel, an autobiography, to a wellbeing book based on learning and practising techniques to aid mental health. Alongside the book there will be 5 to 6 additional gifts, each one wrapped and linked to the book and so enhance the reading experience and understanding.</p> | Adults | Tuesdays 1-3pm No longer running but they do offer a book club 22.10 | Pact House Cemetery Office, Off East Parade, Stanley DH9 0PS Jay Brewis info@thinkpositivedurham.org 01207 280407 |
| 131 | Darlington Baptist Church | Think of Yourself | Darlington | We are seeking to extend our service to help more people in the community who struggle with isolation, loneliness, boredom which affects their mental health . In particular, we want to offer a service in the evening and at the weekend. These are the times that are the most challenging for people at a low ebb as there are no other services operating in the locality. | Adults | Thurs Evening and Sat Morning 7pm-9pm and 10am-12 noon | Darlington Baptist Church, 636 Grange Road, Darlington Barry Thompson 07496 549591 Barrythompson@darlingtonbaptist.org |

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| | | | | Partnering with Darlington Football Foundation (DFCF), who have been awarded funding from Happiness Hubs for a partner project "Think with your feet", and using the sports hall and games room in our building, we want to develop two indoor sports activity sessions . One, midweek in the evening and one on a Saturday morning. Activities can include Badminton, Pool, Table tennis, darts, and board games, even Xbox. There may also be an associated walking group. | | | |
| 132 | Waddington Street | We Just Want to Have Fun | Durham City, North Durham | We want to offer a range of internal and external activities which focus on fun, learning and social inclusion. We are all about groups and bringing people together. Many people who struggle with their mental health can end up socially isolated and disconnected from others. This leads to decreased motivation and poor self-esteem. Everyone benefits from being around like-minded people and having interesting things to do. Our team member who used to coordinate this has moved into a new and busy role. We want to give additional hours to another colleague so that they can focus on working with our members to develop and deliver a range of fun, social activities. We have not been able to focus on this recently and our members have asked if we can do more in the future. | Adults | Variable | Waddington Street Centre, 3 Waddington Street, Durham, DH1 4BG Ali Lee 0191 386 0702 alee@waddingtoncentre.co.uk |
| 133 | St Helen Auckland PCC | Weekly Sessions to Improve Wellbeing | St Helen Auckland | We would meet in the Ark – the new extension for community use to the rear of the Church. Initially our thoughts are to run fun Bingo, Domino sessions, Simple Crafts, Relative Guest Speakers who can discuss local topics of interest with the Group, we will contact Wellbeing for Life to come along and chat to the group around mental health and wellbeing issues also healthy lifestyle topics such as healthy eating. We will also provide a chit-chat group with tea, coffee and refreshments, allowing people to mix socially and make new friends as we know that there are a lot of isolated elderly in the area and | Adults | Wednesdays 1pm-4pm | St Helen Auckland PCC, The Ark, St Helens Church, Manor Road, St Helen Auckland Pat Bake 07951431276 Patbake1@gmail.com |

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| | | | | <p>the addition of the new Believe bungalows may also increase the need for such groups tackling isolation and also improving their mental wellbeing being able to chat to others and also being signposted to other services if the need arrives.</p> <p>The aim will be to improve the wellbeing of the people attending by getting them to join in and improve their contact time with others thus improving both their wellbeing and mental health.</p> | | | |
| 134 | St Pauls Centre Spennymoor | Wellbeing Fridays | Spennymoor | <p>The aim of the project is to offer a safe space for social and mental wellbeing support. This will be done by offering light lunch/refreshments, fun games like singing bingo and various activities based around people's wellbeing. We will be engaging with Well Being for Life to offer stress management and mindfulness sessions to help people cope better and put strategies in place to help manage daily struggles. These could be fun sessions based around having an introduction to mock cocktails, hand massages and various tea tasting sessions. It would also include some gentle form of exercise like seat based or yoga. The GP Surgery staff including Care Co-ordinators and Social Prescribers will also attend to offer support and make people aware of what is available to them in the community and support for in their home if needed.</p> | Adults | <p>Fridays 12-3pm</p> <p>Still running 23.10</p> | <p>St Pauls Centre Spennymoor, St Pauls Gardens, Spennymoor DL16 7AA</p> <p>Laura Birkin 07833087784 laura.birkin@nhs.net</p> |
| 135 | Beyond Limits | Wellbeing Project | Butterknowle | <p>We work with people who are vulnerable for various reasons, be that poverty, ill health, bereavement, social isolation, family issues, addiction, or any number of reasons that can cause a person to need support. Because of this we often see people at their lowest ebb, and in severe situations. Whilst we will always do everything we can to help that immediate situation and solve a problem, such as providing emergency aid, giving shelter to someone, etc we want to address the whole situation, the cause, not just the symptom. This is why we run so many different events, classes and sessions to give people a social network, a chance to get out and about, a chance to learn new skills, to</p> | Adults | <p>Thursdays 1-2pm</p> | <p>Beyond Limits, Sadler's Farm, Butterknowle, Bishop Auckland, County Durham, DL13 5JN</p> <p>Siobhan Viggars 07733366925 Siobhanviggars.bl@gmail.com</p> |

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| | | | | <p>have new experiences, and to give them a boost, hopefully improving their mental health and their overall situation.</p> <p>One of the ways we like to do this is our Thursday sessions with music therapy. One of our wonderful music tutors comes along and plays a song which we all work together on and get the most amazing feeling of joy singing and laughing together as we muddle our way through. It is a wonderful hour together and people go away really lifted and feeling like they have achieved something.</p> | | | |
| 136 | Quaking Houses Village Hall | Woman Hub | Stanley | <p>We are planning to set up an adults skills & socialising group to help re-engage members of the community post covid. The group will meet weekly and be accessible to all. It will offer members of all abilities the chance to take part in a group learning new crafting skills. The aim is to help re-engage members of the community who have been reluctant to take part in activities since the covid pandemic. We are hoping that this group will help to increase confidence and build resilience in members of our community.</p> | Women Adult | Thursdays 6-8pm | <p>Quaking Houses Village Hall Association Second Street, Quaking Houses, Stanley DH9 7HQ Vicky Walton 01207283016 ghvhad@gmail.com</p> |
| 137 | Big Chef Little Chefs | Wood & Wellness | Bishop Auckland | <p>The aim of the project is to engage the community in an activity that will reduce isolation whilst improving social, emotional and mental health. Increasing confidence, self-belief and widening social connections of beneficiaries, this will thus boost mood, reduce anxiety and stress. The project also aims to upskill beneficiaries which may lead to a new hobby or career path.</p> <p>This project will focus on making simple wood products and run for 18 months. We will offer food and refreshments at each session. All who attend will be able to engage as there will be many branches to the project such as - design, measuring, cutting, sanding, painting, advertising</p> | Adults | Fridays 1-3pm | <p>Little Chefs Big Chefs, Registered address: 10 Bedford Place, Bp. Auckland, DL14 6TQ Joni Moore 07517657894 joni@littlechefsbigchefs.org.uk</p> |

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| | | | | etc. Roles can be adapted to meet the beneficiaries' interests and talents. | | | |
| 138 | Woodshed Workshop CIC | Woodshed Whittlers | Sacrison | We would like to run two two hour sessions on a Friday focussing on men aged 55+. We will provide a supported social environment where people can come and work on structured projects together or work on individual projects. Designed to accommodate different needs we will offer two approaches. There will be a group membership style approach and for those who feel more comfortable with an individual approach there will be a different style to access the project. On a practical basis this means the downstairs areas of Woodshed Workshop will be allocated to those seeking a group work experience, and workbenches in the upstairs area will be allocated for those who seek a safe and welcoming space away from the group approach, with intermittent access to a woodwork technician or supervisor for practical assistance and safe working practices, safe use of tools, set-up of the CNC Router machine and specific woodworking techniques / tips. The sessions will be low in numbers for safety, meaningful engagement, managing risk, safeguarding, meeting the distinct needs of the group members and will be designed to build confidence, self esteem, develop current skills or learn new ones, and provide a safe social space with like minded people | Men 55+ | Fridays 10-12 1-2pm | Woodshed Workshop CIC, Unit F, Old Cooperative Buildings, Plawsworth Road, Sacrison, County Durham, DH7 6PD Faye Buxton 0191 3371943 woodshed.workshop.sacrison@gmail.com |
| 139 | Durham Christian Partnership | DCP Wellbeing Hub | Chester Le Street | The project will use the facilities we have at Evangel Church in Chester-le-Street as a base to deliver a five day a week drop-in Wellbeing Hub. The foodbank in Chester-le-Street and our debt advisers use the same location 3 mornings each week. Our staff have experience support vulnerable people and mental health training. Volunteers assisting will also receive mental health training. The drop-in will provide a welcoming environment and a range of activities for participants each week. These will include local walks, table tennis, yoga sessions and drumming sessions. There will also be taster sessions of | Adults | Tues, Wed, Thurs 10-1pm | Durham Christian Partnership, Unit 7/9 First Avenue, Drum Industrial Estate, Chester-le-Street DH2 1AG Peter MacLellan 07758 400128 peter@durhamcp.org.uk |

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| | | | | <p>other activities led by specialists. Alongside these activities will be discussion sessions and life skills courses (including cooking and finance) and mentoring, both group and individual. People getting involved will work with staff to develop a personal development plan based on Stoplight to address their most pressing issues. Where specialist input is needed they will be supported in accessing relevant organisations and then during their time engaged with those services. Progress will be tracked by regular reviews and updating personal development plans.</p> <p>The peer group will be an important element in breaking down social isolation with the activities and location providing an easy environment to engage and the group providing encouragement. Some activities will be men only and others ladies only to make relevant discussions more comfortable and for people to feel safe</p> | | | |
| 140 | Bridge Creative | Friendship Fridays | Bishop Auckland | <p>Friendship Fridays serve as a great follow-on for people who have been receiving support through our KPC service. Once we've worked with people to build up their confidence and make friends online, we encourage them to develop these friendships in person by attending Friendship Fridays. People then begin to rely on the friendships they have developed, calling on their friends for support, and rely less on staff, giving them more independence, better social interaction and improve mental and emotional wellbeing.</p> | Adults - LD | Fridays 3.30-5pm | <p>Bridge Creative Enterprise CIC, The COSE, 1 Dorset Place, Bishop Auckland, County Durham, DL14 6TH</p> <p>Ben Tinkler 07984516038 bridgecreative@outlook.com</p> |
| R1 October 2024-2025 | | | | | | | |
| 141 | Spennymoor Youth and Com Ass | A Centre for Wellbeing | Sedgefield North | <p>As part of our Centre we offer three wellbeing groups; Monday morning Breakfast Buddies for men, The Monday afternoon group for older female residents (though open to all ages and genders) and our Survive and Thrive Thursday group open to all adults. These are weekly wellbeing support social groups, particularly for adults with lived experience of isolation and mental health problems.</p> | Adults | <p>Monday Breakfast Buddies: 10am-12noon; Monday Afternoon Group: 1pm-3pm; Thursday Survive Wellbeing Group 1pm-3pm</p> | <p>Spennymoor Youth and Community Centre, Rushmoor, Merrington View, Spennymoor, DL16 6PP</p> <p>Michael Fishwick 07572043594 michael@syaca.co.uk</p> |
| 142 | CALM in East Durham CIC | CALM Community Hub | Easington Central | <p>CALM drop in Hub, will be weekly sessions, over 2 days, based in CALM's Good Karma Kitchen and garden area. Our aim is to offer practical advice on a</p> | Adults | <p>Wednesday 10-1pm Sunday 11-4pm</p> | <p>CALM in East Durham CIC, Broomholme, Stockton Road, Easington Village. SR8 3AZ. Site address – The Old Bowling Green, Lowhills Road, Peterlee.</p> |

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| | | | | <p>Wednesday morning to members of our community who would like support with employability, nutrition and diets, housing, and financial management. The session would be from 10am to 1pm, providing simple food and drinks and a friendly ear for those who want to just come and chat.</p> <p>The second session would be a Sunday from 11am – 4pm, where CALM would offer social sessions to come and relax, make friends and gently build emotional and mental resilience through creative activities. This would alternate between creative arts and gardening, offering a quiet safe space and friendly support.</p> | | | <p>Barbara Chrisp 07868269253 Calmineastdurham@gmail.com</p> |
| 143 | The Craft Cabin CIC | Community Hub | Chester le Street | The community hub will improve the physical, emotional, and mental wellbeing of adults in County Durham. This project will offer a range of weekly activities that are open to all, without requiring pre-booking. Collaboration with local VCSE organisations, GPs, social prescribers, and schools will ensure that those in need of support can be referred to our services effectively. | Adults | Thursdays 12-2pm | <p>The Craft Cabin CIC, 156A Front Street, Chester le Street, Co. Durham DH33AY Emma Marshall 07734050472 info@artypartycraftcabin.co.uk</p> |
| 144 | Randoms Retreat | Conservation & Connection | Derwentside | This project is a 12 month initiative designed to improve the mental health and wellbeing of our community, particularly those with mental health issues, disabilities and living in poverty. This project offers a diverse range of activities that combine artistic expression with physical activity and environmental stewardship, fostering a holistic approach to mental health and community engagement. | Adults | Wednesdays 12-2.30pm | <p>Randoms Retreat, 45 Denecrest, Medomsley, Consett, Durham, DH8 6PY Mandy Kelly 07586714493 mandy@randomsretreat.co.uk</p> |
| 145 | Easington & Sedgefield & Dales Wellbeing & Recovery Services | Durham Mental Wellbeing & Recovery Services | Easington Central | <p>The Wellbeing Groups are a fantastic initiative for customers, volunteers, and local residents, the groups will provide an opportunity to socialise and develop new relationships in a relaxed and safe environment. Customers are encouraged to form their own support groups and networks and are welcome to attend whenever they wish, even outside of prearranged group sessions.</p> <p>Drop-in groups: The Wellbeing groups will offer a range of activities including learning courses, arts and crafts sessions, and guest speakers. Attendees are provided with free refreshments and offered Adhoc support for attending appointments and achieving personal goals.</p> | Adults | <p>Four drop-in sessions per week Three Fitness for Fun sessions Five Allotment sessions per week Two Out & About sessions per month</p> | <p>Easington & Sedgefield & Dales Wellbeing & Recovery Services, Home Group, Home Housing, Mercury House, Belmont Industrial Estate, Durham, DH1 1TW Dean Whelan 07796329517 dean.whelan@homegroup.org.uk</p> |

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| | | | | Fitness for Fun: Group exercise is a great way to foster a sense of belonging, motivation, empathy, and resilience. It is invaluable for improving our customers' mental health. Out & About day trips for our customers to explore new places, overcome isolation, and improve their quality of life by including them in activities that will improve social inclusion within the community. Allotments: Provide an opportunity for people to discover new hobbies and express their creativity. | | | |
| 146 | Go the Distance CIC | GTD MH Hub using boxing as a vehicle for change | Durham West | The GTD Mental Health Hub is a community initiative designed to provide a supportive environment for individuals from all backgrounds to discuss mental health issues and engage in therapeutic activities. Held every Wednesday from 4pm to 6pm, the sessions will offer a blend of mental health advice and physical activity using boxing as a vehicle for change, facilitated by experienced coaches and mental health professionals. The primary goal is to create a safe space where participants can share their experiences, gain valuable insights, and improve their mental well-being through both dialogue and physical exercise. | Adults | Wednesdays 4-6pm | Go The Distance CIC, Witham House, Mandale Business Park, Belmont DH1 1TH Christopher Taylor chris@gothedistancecic.co.uk |
| 147 | RTPProjects | Men's Shed | Claypath, Durham East, Durham West | The Men's Shed workshops will provide a weekly, 3-hour safe space for men to engage in creative activities and discuss their mental health. Located in Gilesgate, Durham, these sessions are designed for local men facing mental health challenges. Over the year, we'll conduct 48 workshops. During sessions, men will participate in various creative activities, including music, woodcarving, painting, sculpture, photography, and printmaking. Participants will learn to use art as a form of expression and a tool for promoting good mental health. | Adult Men | Saturday or Sunday 11-3pm | RTPProjects, The Open Art Surgery, 23 Mill House Court, Gilesgate, Durham, DH1 2JJ Emma Beattie 01913849745 emma@rtprojects.org.uk |
| 148 | Tyne to Summit | Hike Club | Durham | Tyne To Summit will launch a community hiking club that operates on Saturday mornings over an 18-month period. The project will facilitate a monthly hike for up to 25 people, each designed to progressively build participants' hiking skills and endurance. This phased approach ensures that individuals of varying fitness levels can safely increase their hiking abilities, making outdoor activities more accessible and enjoyable. | Adults | Saturdays 10-12noon | Tyne to Summit CIC, 18 Pear Tree Way, New Hartley, United Kingdom, NE25 0GL Scott Gillian 07914150894 tynetosummit@gmail.com |
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