

# WHiST Services November 2020

## All sessions must be pre-booked

We are currently running a programme of covid secure groups and booked drop in's at WHiST initially with 6 women attending these include :

### At WHiST

- Recovery and Resilience. A 10 week course delivered from WHiST and online via Zoom starting Monday 16th November, 2pm to 4pm. We will look at self care techniques, motivation and planning for the future you. There will be 5 weeks before Christmas. We will resume on Monday 11th January 2021.
- Thursday gardening group – Meets in the WHiST garden each Thursday at 10am
- Wednesday fortnightly - Living well with long term health conditions from 16th Sept at 1.30pm.

**Please ring the office in advance to book a place.**

- Monday fortnightly healthy living – 11-12 from 12th October (Zoom access also available)
- Tuesday Creative writing group from 13th October 1pm to 2.30pm. (Zoom access also available)
- Wednesday Olive & Linda's' Brunch – 10.30am -1pm
- Thursday Card making and Christmas crafts 1-2.30 from 22nd October (Zoom access also available)

### Out and about

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

## On Zoom

- Monday healthy living drop in – 11-12 alternate Mondays from 28th September
- Tuesday fortnightly craft workshops
- Relaxation with Jenny – Fridays 1pm

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

In order to ensure we are Covid 19 secure we have guidelines for all staff, volunteers and members to work within and all women will be required to pre book any attendance at WHiST.

**The programme could change at short notice if government guidelines change.**