

# St. Vincent’s Newcastle Activity Timetable

## All programmes are free and open to everyone

### **Mondays**

**11am - 1pm: Proggy Mat Making**

A friendly drop-in session to try out a traditional craft technique.

**Drop in, all welcome**

**2pm - 3pm: Knit and Natter with a Twist A friendly drop-in session led by Aisha. Unravel the art of knitting and share in friendship.**

**Drop in, all welcome**

**2pm - 4pm: Crafting For All**

A relaxed crafting workshop to try something new, have a coffee or tea and a chat.

**2pm - 4pm: Art of Watercolour**

Learn the skill of this soft and light medium, which dates as far back as the stone age and is used today in illustrations, paintings and animation media!

**Drop in, all welcome**

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### **Tuesdays**

**11am - 1pm: Vinnies Café**

A free, home cooked 3 course meal, with table service for all.

**Drop in, all welcome**

**11am - 1pm: Chat to Matt**

A listening service with *Mental Health Concern*. Share your worries with Matt. **Drop in, all welcome**

**1.30pm – Tuesday Film Club**

If you like watching and discussing movies – this group is for you!  Join us every week for a friendly get together with the like- minded film enthusiasts!  **(Launching October 18).**

### **Wednesdays**

12pm - 2pm: Chit Chat ladies Café Meet other ladies for coffee and a chat. **Drop in, all welcome**

### **Thursdays**

**12 - 2pm: Art Programme**

Art as a key to good mental health.

**Drop in, all welcome**

### **Fridays**

**10am -** **Patchwork, Patter Cutting, and Design**

If you are thinking of learning something different, or, you’d like to turn your textile

hobby into a money spinner -  this class is for you!

**(Launching October 14)**

**2pm - 4pm: Pie and Poetry Men’s Club**

Come together with other men to explore

poetry and self-expression.

**Drop in, all welcome**

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### **Monthly**

**Group walk**

Keep your mind and body healthy with our monthly group walk.

**Enquire at:** [**stvincentsnewcastle@svp.org.uk**](mailto:stvincentsnewcastle@svp.org.uk)

### **Employability one to ones**

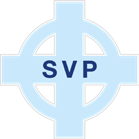
Find out if we can support you in learning new skills to help you into work.

Enquire at:[megann@svp.org.uk](mailto:megann@svp.org.uk)

#### Scan the code to see the timetable on your phone:

Register your interest and **find out more:**

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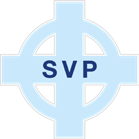
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