

# Active Families North East The Washington Well-Being Hub

Washington Millennium Centre The Oval, Concord, Washington NE37 2QD

The 'Hub' is a place for Washington residents to connect with other local people. Here, socialising, receiving additional support & advice and taking part in activities all lead to a happier and healthier community! We are delivering our impactful interventions and friendly support from the Washington Well-Being Hub, and across the North East. We're bringing health, fitness and connections, along with a well earned cuppa.



## Monday

12.30pm – 1.30pm

**Escape Pain – Knees and Hips**

4th March – 15th April x 6 weeks

(No session Monday 1st April bank holiday)

2pm – 3pm

**Escape Pain – Backs**

4th March – 15th April x 6 weeks

(No session Monday 1st April bank holiday)

4.30pm – 5.15pm

**'These Lasses Can' – Teen and Adult Boxing\***

4th March – 15th of April

Book online\*\* £4 per person, per session

Teen free with a paying adult

(No session Monday 1st April bank holiday)

5.30pm – 7pm

**Menopause Matters**

4th March – 15th April x 6 weeks

(No session Monday 1st April bank holiday)

\*There will be a small charge of £4 for these classes. Free classes are funded sessions. If you are unable to pay please don't worry, give us a call and we can book you on. \*\*Book online at: [www.bookwhen.com/activefamilies](http://www.bookwhen.com/activefamilies)

## Tuesday

9.30am – 11am

**Every Move Matters**

5th March – 30th of April x 8 weeks

11.15am – 12noon

**Mission 2 Mobility**

5th March – 30th April x 8 weeks

1pm – 2.30pm

**Weight Management**

Current programme ends 26th March

(Contact us for next programme dates)

5pm – 5.45pm

**'These Lasses Can' – Teen and Adult Yoga\***

5th March – 30th of April

Book online\*\* £4 per person, per session

Teen free with a paying adult

6pm – 7pm

**Yoga\***

Book online\*\* £4 per person, per session

## Wednesday

10am – 11am

**Bowls For Health\***

Book online\*\* £4 per person, per session

12.30pm – 1.30pm

**Escape Pain – Knees and Hips**

6th March – 10th April x 6 weeks

2pm – 3pm

**Escape Pain – Backs**

6th March – 10th April x 6 weeks



## Contact us

Any questions please call our office on 0191 516 6083. Please feel free to leave a message as the phonelines aren't always manned. To refer a patient or self-refer, simply visit the website [www.activefamiliesne.co.uk](http://www.activefamiliesne.co.uk).

@ [info@activefamiliesne.co.uk](mailto:info@activefamiliesne.co.uk) i Active Families North East CIC

in Active Families North East v ACTIVEFAMILIESNE g [www.activefamiliesne.co.uk](http://www.activefamiliesne.co.uk)

**\*\*Paid for session can be booked at: [www.bookwhen.com/activefamilies](http://www.bookwhen.com/activefamilies).**

### Thursday

9.30am – 11am

**Sunderland Strength and Balance OTAGO**

Current programme ends 11th April

(Contact us for next programme dates)

1pm – 2.30pm

**Yoga (Seated/Standing)\***

7th March – 11th April

Book online\*\* £4 per person, per session

2.45pm – 4pm

**Yoga (Seated/Standing)**

7th March – 11th April

Free for 6 weeks, new participants only



### Friday

10am – 11.30am

**Pilates\***

8th March – 19th April

Book online\*\* £4 per person, per session

11.15am – 12noon

**Mission 2 Mobility**

8th March – 3rd May x 8 weeks

1pm – 2.30pm

**Weight Management**

Current programme ends 29th March

(Contact us for next programme dates)



### Saturday

10am – 11am

**Escape Pain – Knees and Hips**

(Contact us for next programme dates)

11am – 12noon

**Escape Pain – Backs**

(Contact us for next programme dates)

