

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.

To refer a patient or self-refer, scan the QR and fill in our referral form. The form can also be found at www.activefamiliesne.co.uk



Monday

10am – 11am

Escape Pain – Knees and Hips

14th October – 20th November

Programme starts 14th October. 12 sessions over 6 weeks, attending twice a week. One session Monday, one session Wednesday.

11.30am – 12.30pm

Escape Pain – Backs

14th October – 20th November

Programme starts 14th October. 12 sessions over 6 weeks, attending twice a week. One session Monday, one session Wednesday.

1.30pm – 2.30pm

Active Forever*

£4 per person, per session

2.30pm – 3.30pm

Well-Being Hub Community Drop-In

Come along and join us for a cuppa and find out about everything that we have on offer at our hub.

Tuesday

9.30am – 11am

Every Move Matters

3rd September – 22nd October x 8 weeks

29th October – 17th December x 8 weeks

1pm – 2.30pm

Weight Management

24th September – 10th December x 12 weeks

6pm – 6.45pm

Pilates Flow*

£4 per person, per session

Wednesday

10am – 11am

Escape Pain – Knees and Hips

16th October – 20th November

Programme starts 14th October. 12 sessions over 6 weeks, attending twice a week. One session Monday, one session Wednesday.

11.30am – 12.30pm

Escape Pain – Backs

16th October – 20th November

Programme starts 14th October. 12 sessions over 6 weeks, attending twice a week. One session Monday, one session Wednesday.

1pm – 2pm

Mission 2 Mobility – Gentle Circuits*

£4 per person, per session

What our participants think

*"The classes are very effective.
Well presented, good content
and a lovely atmosphere."*



*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. Paid for sessions can be booked online at: www.bookwhen.com/activefamilies.





Funded by
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October

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 and fill in our referral form.

@ info@activefamiliesne.co.uk i Active Families North East CIC

in Active Families North East v ACTIVEFAMILIESNE g www.activefamiliesne.co.uk

*Paid for session can be booked at: www.bookwhen.com/activefamilies.

Thursday

9.30am – 11am

Well-Being Hub Community Consultation

Monthly drop-ins: 17th October, 21st November
Come along and join us for a cuppa and find out about everything that we have on offer at our hub. Come along and meet a member of the Active Families team, have a look at our hub and see which programmes are available to you.

1pm – 2.30pm

Yoga (Seated/Standing)*

£4 per person, per session



What our participants think

"These sessions have been enjoyable for me and also manageable whilst also challenging myself. Exactly at the right level for what I need to help me feel better and improve. Thank you for all involved."



Friday

10am – 11am

Pilates*

£4 per person, per session

11am – 12noon

Dancercise*

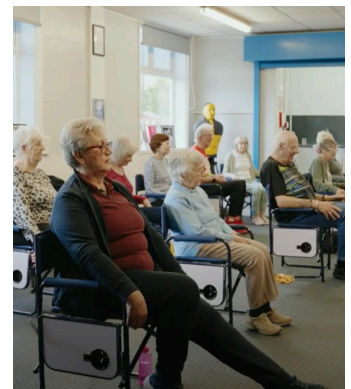
£4 per person, per session

1pm – 2pm

Mission 2 Mobility

6th September - 25th October x 8 weeks

1st November - 13th December x 7 weeks



*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. Paid for sessions can be booked online at: www.bookwhen.com/activefamilies.



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