Completed project – however activities may still be ongoing

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| **App No.** | **Project Provider** | **Project Name** | **PCN Area** | **Project Outline** | **Target Market** | **Day/**  **Time** | **Contact Details** |
| **2020-2021** | | | | | | | |
| 3 | 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 tomental 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 | Pamela Duddin  Trimdon Grange Community Assocation, Salters Lane, Trimdon Grange, TS29 6PB  07800 651713  [Tgcc2014@gmail.com](mailto: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 | ManHealth CIC, Office 6 Shildon Business Centre Dabble Duck Industrial Estate Shildon DL4 2RF  01388 320023  [info@manhealth.org.uk](mailto: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](mailto: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.   * 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. | Live Well North East CIC, Unit F Old, Cooperative Workshops, Plawsworth Road, Sacriston, Durham, DH76PB  07708 453082  [livewellneoffice@gmail.com](mailto: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 | ROF 59  1 Durham Way South, Newton Aycliffe, County Durham, DL5 6XN  07980 753469  [deb.fiveacres@gmail.com](mailto:deb.fiveacres@gmail.com) |
| 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 | Willington Open Door Methodist Church, Wesley Street, Willington DL15 0AG  01388 745460  [willingtonopendoorchurch@gmail.com](mailto: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 | East Durham Veterans Trust, 7 Gilbert Rd, Peterlee, County Durham SR8 2AN  0191 5815677[contact@eastdurhamveterans.co.uk](mailto: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](mailto: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](mailto:Claireritsonfic@yahoo.com) |
| 25 | Ferryhill Ladder Centre | Connect | Sedgefield North | 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. | Adult Men | 4 hours per week based at Ferryhill Ladder Centre | Nigel Jones  Ferryhill Ladder Centre, 5-7 Coniston Road, Ferryhill, DL17 8EZ  01740 651639  [nigel@ferryhillladdercentre.org.uk](mailto:nigel@ferryhillladdercentre.org.uk) |
| 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](mailto: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:   * Catch-ups with refreshments. * Mental Health and wellbeing advice * Gentle exercise * Confidence building | Adults Older People | Various | Teesdale Day Clubs, Woodleigh, Flatts Rd, Barnard Castle DL12 8AA  01833 695822  [teesdaledayclubs@gmail.com](mailto:teesdaledayclubs@gmail.com) |
| 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](mailto: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](mailto: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 | 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](mailto: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 | Clart About Sensory Café  33F Number One Industrial Estate, Consett, DH8 6SZ  01207 501061  [clartaboutltd@gmail.com](mailto: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 use their personal devices to keep in touch with relatives and access other online services for advice. | Adults  Older People | Wednesday fortnightly | Hawthorn Community Centre, The Green, Hawthorn Village, Seaham, County Durham,  SR7 8SE  07477 580591  [wilsonrands@btinternet.com](mailto:wilsonrands@btinternet.com) |
| 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 | Mondays  9am - 4pm | Easington Social Welfare Centre, Seaside Lane South, Easington Colliery, Peterlee  SR8 3P 0191 527 06 35 [easingtonwelfaresc@gmail.com](mailto:easingtonwelfaresc@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 | Horden Parish Council  Horden Social Welfare Centre, Seventh Street, Horden, SR8 4LX  Tel: 0191 5180823  **Gemma Rowe**  [deputy@horden-pc.gov.uk](mailto: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:   * 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](mailto: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 | Blackhall Community Association, Hesleden Road, Blackhall, Hartlepool TS27 4LG  Alison Paterson  0191 5867396  [Alison.blackhallcommunity@gmail.com](mailto: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. | Just For Women Centre  St Josephs House, Thornleyholme Terrace  Stanley, DH9 0BL  01207 281145  [Justforwomencentre@yahoo.co.uk](mailto:Justforwomencentre@yahoo.co.uk) |
| 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 | Ferryhill Ladder Centre  Ladder House, 5/7 Coniston Road  Ferryhill, DL17 8EX  Nigel Jones  [**nigel@ferryhillladdercentre.org.uk**](mailto: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**](mailto: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 | St Pauls Centre Spennymoor  St Pauls Gardens, Spennymoor DL16 7LR  Maureen Aspey  [**stpaulscentre@btconnect.com**](mailto: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 | Jack Drum Arts  St Cuthbert’s Centre, Church Hill, Crook, DL15 9DN  James Shepherd  [**jamesb@jackdrum.co.uk**](mailto: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 | Morrison Trust  Morton Park Business Training Centre  Yarm Road, Darlington, DL1 4PJ  Sarah Bentley  [Sbentley@morrisontrust.org.uk](mailto:Sbentley@morrisontrust.org.uk)  01325 387700 |
| 47 | Pelaw Communtiy 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 | Bernicia  Pelaw View Community Centre, Hilda Avenue, Sherburn Road Estate, DH1 2EH  Barbara Webb  [barbara.webb@bernicia.com](mailto:barbara.webb@bernicia.com)  07880190331 / 0191 2383343 |
| 48 | Rose Cottage Community Hub CIC | Drop in & Discover | Easington District | A drop in session for any local people whos’ mental health is suffering, who are socially 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 | All | Mondays 10 - 12 | Rose Cottage Community Hub CIC  Rose Cottage, Rose Street, Trimdon Grange, TS26 6EH  Michelle Douglas-Allison  [Michelledouglasallison@yahoo.co.uk](mailto: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](mailto: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 | Community Hub held @ Bishop Auckland Baptist Church, Westfield Road, Bishop Auckland, DL14 6AE  Marion Hodgson  [Crawfordclose@gmail.com](mailto: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 can. This project will enable us to run workshops and courses. | All | Wednesday 1.30 – 3.30 | CALM in East Durham CIC  Broomholme, Stockton Road, Easington Village, SR8 3AZ  Barbara Crisp  [Calmineastdurham@gmail.com](mailto:Calmineastdurham@gmail.com)  07868269253 |
| 52 | PACT House Stanley | The Lounge | Derwentside | 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.  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. | Unemployed working age adults | Mon-Fri 12-5pm  Sat 10-3pm | PACT House Stanley  39 Front Street, Stanley, DH9 0JE  Darren McMahon MBE  [Pacthousestanley@outlook.com](mailto:Pacthousestanley@outlook.com)  07941139595 |
| 53 | Teesdale Day Clubs | Lunch Club at Startforth | Teesdale | 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.  This grant will directly support the launch of this new weekly club by contributing towards its running costs for the initial launch year | Older People | Wednesdays 11am - 2pm | Teesdale Day Clubs  Woodleigh, Flatts Road, Barnard Castle, DL12 8AA  Kim Weston  [Andrea.hobbstds@gmail.com](mailto:Andrea.hobbstds@gmail.com)  01833 695822 |
| 54 | Pittington Community Association | Creative Café | Durham West | 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' 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. | Older people |  | Pittington Community Association  Pittington Village Hall, High Pittington, DH6 1AN  Rebecca McGarvie  [Rebecca@thesingingelf.co.uk](mailto:Rebecca@thesingingelf.co.uk)  0191 3721682 |
| 55 | The Active Life Foundation | Evergreen | Darlington | create a safe place for clients aged 65+ to meet socially and participate in appropriate physical activities.  Staff have mental health first aider qualifications and be able to provide necessary support, advice and signposting to mental health services.  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.  We aim to improve physical health of clients – improved cardiovascular health, reduced risk of diabetes, less pain. | Older people | Wednesdays 9.15am | The Active Life Foundation  31 Brunel Street, Ferryhill, DL17 8NX  Phil Seymour  [Phil.seymour@theactivelifefoundation.org.uk](mailto:Phil.seymour@theactivelifefoundation.org.uk)  07986531150 |
| 56 | St Teresa's Hospice | Focus & Breathe | Darlington | 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.  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.  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. | To support those on end of life pathway | Tuesdays 11-12  The Lounge | St Teresa’s Hospice  The Wellbeing Hub in The Woodlands, Woodlands Road, Darlington, DL3 7UA  John Paul Stabler  [Johnpaulstabler@darlingtonhospice.org.uk](mailto:Johnpaulstabler@darlingtonhospice.org.uk)  01325 254321 |
| 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 |  | Wheatley Hill Community Association  Greenhills Centre, Stephens Terrace, Wheatley Hill, DH6 3JS  John Probert  [johnwprobert@gmail.com](mailto: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**](mailto: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**](mailto: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 | Start 01.06.2022  Aspire House, Rear of Front Street, Chester le Street  Janice Rokni  [**janicerokni@aspire-northeast.co.uk**](mailto:janicerokni@aspire-northeast.co.uk)  **0191 3891504** |
| 61 | Harbour Support | Harbour Support Services | Claypath & University  Derwentside  Durham East  Durham West  Darlington | Harbour Support Services provide a range of services in Durham/Darlington which offer immediate crisis support and longer term support 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 | Women and families impacted by domestic abuse | Darlington  Wednesdays 9.30am – 11.30am  Durham City: 12.45pm to 2.45pm | Starts 02.05.2022  Harbour Support Services  64 Duke Street, Darlington, DL3 7AN  Rachael Leech  [**rachaelleech@myharbour.org.uk**](mailto: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 | 2 sessions per week TBC | Wingate & Station Town Family Centre  Partridge Terrace, Wingate, TS27 4SQ  Alison Nutter  [**Alison.nutter@yahoo.com**](mailto: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.  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.  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.  We are | Older People | Tuesdays | Enter CIC  2 Chapel Terrace, Ferryhill, DL17 8JL  Andrea Flynn  [Info@entercic.org](mailto:Info@entercic.org)  01740 655437/07949786950 |
| 64 | Sacriston Youth & Community Project | Happy Hour | Chester Le Street | 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.  Each session will be “bookended” with information, advice and guidance and an opportunity to talk in a non-judgemental and welcoming environment.  Refreshments will also be provided.  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. | Adults | TBC | May 2022  Sacriston Youth & Community project  Unit E, Old Co-op Building, Plawsworth Road, Sacriston, Durham. Dh7 6PD  Gemma O’Brien  [**gemma@sacristonyouthproject.co.uk**](mailto:gemma@sacristonyouthproject.co.uk)  **07709895493** |
| 65 | Stanley Young Peoples Club | 3Space | Derwentside | 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).  **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.  **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.  **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  There will be a monthly well-being and mindfulness session delivered as well as 4 volunteer training sessions over the year. | Adults | **Monday** 9-11am  **Wednesday** 10-2pm  **Friday** –10-2pm | June 2022  Stanley Young Peoples Club  Severn Crescent, South Moor, Stanley, DH9 7PZ  Paula Murray Barrett  [**stanleyypc@outlook.com**](mailto:stanleyypc@outlook.com)  **07446245448** |
| 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 | Fram 2nd Monday of the month 1.30-3.30  St Pauls every other Saturday 1.30 – 3.30  Wolsingham fortnightly Wednesday 6.45-8.45  Stanley Crook opposite weeks to above 7-9  Ferryhill monthly 1.30-3.30 | Framwellgate Moor  St Pauls Community Centre, Spennymoor  Stanley Crook  Ferryhill  [**blindlifeindurham@gmail.com**](mailto:blindlifeindurham@gmail.com)  **Margaret Welch**  **01388 763501** |
| 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 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. | Adults | Allotment open 7 days a week.  2 days will be group support which are Mondays 11.30-3.30  Wednesday 9.30-12 | Home Group Wellbeing & Recovery Services, Bluebell Hub, 48 Bluebell Close, Newton Aycliffe  Allotment based in Horden  **Rachel Owens**  [**rachel.owens@homegroup.org.uk**](mailto:rachel.owens@homegroup.org.uk)  **07568107771** |
| 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 | Groundwork NE and Cumbria  Bellburn Allotment, Darlington  **Lisa Taylor**  [**Lisa.Taylor@groundwork.org.uk**](mailto: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 | Wednesdays 7.00-19.00  Fridays 7.00 – 19.00  Various overnight stays | Durham Christian Partnership  Unit 7/9 First Avenue, Drum Industrial Estate, Chester Le Street DH2 1AG  **Peter MacLellan**  [peter@durhamcp.org.uk](mailto:peter@durhamcp.org.uk)  0191 303 8623 / 07758 400128 |
| 70 | GTD ‘Go the Distance’ | 18-25 It happens at GTD | Sherburn, Pittington, 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 | Unit 27 E,Whitham House, Mandale Business Park, Durham  **Paul Lysaght**  [paul@gothedistancecic.co.uk](mailto: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 reduce social isolation, increase confidence, manual dexterity, learning and observation and develop greater social skills | Young People 18-25 | Mondays 12.30-3.30 | Pact House  Cemetery Office, Off East Parade, Stanley DH9 0PS  **Jay Brewis**  [info@thinkpositivedurham.org](mailto:info@thinkpositivedurham.org)  01207 280407 |
| 2022-23 R2 | | | | | | | |
| 72 | St Pauls Centre | A Sense of Belonging | Spennymoor, Croxdale, Middlestone Moor, Ferryhill | The project is to offer a warm welcome and hospitality, support and friendship to refugees and families.  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. | Adults | Wednesdays  Times TBC | St Paul’s Centre, St Pauls Gardens, Spennymoor, DL16 7AA  **Mrs Maureen Aspey**  [maspey@globalnet.co.uk](mailto:maspey@globalnet.co.uk)  **07811166763** |
| 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 18:00-20:30 | Walker Drive Bishop Auckland Co Durham DL14 6QL  **Joni Moore**  [Joni.moore@aycclimited.co.uk](mailto:Joni.moore@aycclimited.co.uk)  **07517657894** |
| 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 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. | Adult Women | Wednesdays 12-4pm | St Josephs House, Thornleyholme Terrace, Stanley, DH9 0BL  **Linda Kirk**  [justforwomencentre@yahoo.co.uk](mailto:justforwomencentre@yahoo.co.uk)  **01207281145** |
| 75 | Ludworth Community Association | Ludworth Happy Hub | Ludworth & surrounding areas | 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.  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. | Adults | Wednesdays & Fridays 2.30-4.30pm | Ludworth Community Association, North View, Ludworth, DH6 1NF  **Dave Woods**  [woodsdavid1954@gmail.com](mailto:woodsdavid1954@gmail.com) |
| 76 | Jubilee Fields Community Association | Shildon Happiness Hub | Shildon | 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.  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.  We shall provide inhouse staff and volunteer support who will devise a full programme of 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. | Adults | Fridays 10.30 – 1pm | Jubilee Road, Shildon, DL4 2AL  **Lesley Bowes**  [jubileefields@btconnect.com](mailto:jubileefields@btconnect.com)  **01388 775425** |
| 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 | Wednesday 10-11.30am | SportWorks, Royal Quays Business Centre, Coble Dene, North Shields, NE29 6DE  **Calum Maddison**  [john.newton@sportworksltd.co.uk](mailto: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 reducesocial 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 | Teesdale Day Clubs, Woodleigh, Flatts Road, Barnard Castle DL12 8AA  **Andrea Hobbs**  [Andrea.hobbstdc@gmail.com](mailto: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 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. | Adults | Monday, Wednesday and Friday | Horden Social Welfare Centre, Seventh Street, Horden, Peterlee, Co Durham, SR8 4LX  **Gemma Rowe**  [deputy@horden-pc.gov.uk](mailto: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 | Dawdon Community Centre Queen Alexandra Rd Seaham  **Brian Waugh**  [brian@eastdurhamveterans.co.uk](mailto: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, emotional, psychological, spiritual and social wellbeing. | Adults | Thursdays 10-1pm | 164 North Road, Darlington, DL1 2EL  **Dr. Graham Bright**  [graham.brightthewellmethodistchurch@hotmail.com](mailto:graham.brightthewellmethodistchurch@hotmail.com)  **0792 7852038** |
| 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](mailto: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 | The Old Fire Station, Darlington Road, Ferryhill DL178EX  **Carole King**  [info@endeavourwoodcrafts.com](mailto: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:   * Children, Young People and Families * Domestic Abuse * Older People * Employment and Training | Adults | Wednesday-Thursday  10-5 /10-12 | 66-70 High Street, Cornforth, Co. Durham DL17 9HS  **Tony Cutmore**  [tony@cornforthpartnership.org](mailto:tony@cornforthpartnership.org)  **01740 652000** |
| 86 | Breathing Space | Café Reflections | Witton Gilbert/Sacriston | To engage members of the Community to come together and to learn new arts & crafts related 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  **“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.  The Japanese employ the technique of Sashiko stitching in geometric patterns. This not only enhances the piece but also reinforces it! | Adults | Tuesdays 10-12 | St Michael & All Angels church, Coach lane, Witton Gilbert DH7 6SX  **Gillie Boggon**  [breathingspacedurham@gmail.com](mailto:breathingspacedurham@gmail.com)  **0191 3711387** |
| 87 | Age UK North Yorkshire & Darlington | Darlington Wellbeing Hubs | Darlington | 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. | Older Adults | Monday, Tuesday, Friday 10-12 | Bradbury House, Beaumont St. West, Darlington, DL1 5SX  **Shaun Britton**  [Shaun.britton@ageuknyd.org.uk](mailto:Shaun.britton@ageuknyd.org.uk)  **01325 362832** |
| 88 | Spennymoor Youth and Community Association | Survive & Thrive | Spennymoor | 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. | Adults | Thursdays 11-3pm | Spennymoor Youth and Community Centre, Rushmoor,  Merrington View, Spennymoor, DL16 6PP  **Michael Fishwick**  [michael@syaca.co.uk](mailto:michael@syaca.co.uk)  **07572043594** |
| 89 | The Hospital of God at Greatham | Memory Lane Cafe | Horden | Utlising 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 | TBC | Head Office - Estate Office, Greatham, Hartlepool, TS25 2HS  **Nicola Garrett**  [nicola.garrett@hospitalofgod.org.uk](mailto: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 1.30 | The Forum Music Studios, Borough Rd, Darlington  **Hayley Mckay**  [hayleymckaymusic@gmail.com](mailto:hayleymckaymusic@gmail.com)  **07500 832 715** |
| 91 | Upper Teesdale Agricultural Support Services Ltd | Our Farming Furtures | 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](mailto: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 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. | Men | Fridays 10-2pm | Chilton Town Council, Hutton House, Durham Road, Chilton, DL17 0HE  **Joanne Jones**  [joanne.jones@chiltondurham-tc.gov.uk](mailto:joanne.jones@chiltondurham-tc.gov.uk)  **01388 721788** |
| 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](mailto:nigel@ferryhillladdercentre.org.uk) |