

OPEN ACCESS TIMETABLE – Example

CENTRE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY	
GATESHEAD Address: 30 Half Moon Lane Gateshead NE8 2AN Tel: 0191 477 7898	**GATESHEAD CENTRE** 10.00—10.30 Drop In (Quiet Time for 1st Time Attendees) 10.30 – 12.00 Full Drop In	**GATESHEAD CENTRE** 10.30 – 12.00 Reading Group (last Tuesday of each month at Gateshead Library)	**GATESHEAD CENTRE** 10.30 – 12.00 Beginner's Guide to TWH * (Please confirm attendance in advance)	**GATESHEAD CENTRE** 10.00 – 12.30 Crafty Women (Term time only) Enrolment on 18th September	**GATESHEAD CENTRE** 2.00 – 3.30 Positive Notes Singing Group Resumes in September	**GATESHEAD CENTRE**	**GATESHEAD CENTRE**
	1.00-3.00 Wor Women Project * Begins in September (ask for up to date schedules)	1.00 – 1.30 Information and Welcome * A chance for new women to find out more about what's on offer					
NEWCASTLE Address: Wilfred Street Byker Newcastle NE6 1JQ	**NEWCASTLE CENTRE**	**NEWCASTLE CENTRE**	**NEWCASTLE CENTRE** 10.30 – 12.00 Beginner's Guide to TWH * (Please confirm attendance in advance)	**NEWCASTLE CENTRE** 10.00 – 10.30 Information and Welcome * A chance for new women to find out more about what's on offer 10.45 – 12.15 Full Drop In	**NEWCASTLE CENTRE**	**NEWCASTLE CENTRE** 11.00 – 2.00 Sunday Lunch Group (fortnightly, please confirm attendance in advance)	**NEWCASTLE CENTRE**
	1.30 – 3.00 Service User Led Activities (Please confirm attendance in advance)				11.00 – 12.15 Mindfulness and Yoga	1.00-3.00 Wor Women Project * (ask for up to date schedules)	

Please note for women wishing to attend the Information and Welcome session we will need a completed referral form. These are available from one of our centres upon request or referral details can be provided over the telephone.

*Please, contact us for an up to date schedule as courses alternate between Newcastle and Gateshead centres.
 Email: enquiries@tynesidewomenshealth.org.uk Charity Number 1126648 Company Number 06702528