










Activities & Events

at the Essence Centre, Doxford Park

for May 2017 (including Bank Holiday information)

DAY	<u>MORNING</u>	<u>AFTERNOON</u>
<u>Monday</u>	 <p>Coffee Morning, 10.30am -12noon</p>  <p>New Age Curling, with Jan Weatherly 10.30am -12 noon. Please note, there will be no session on 1st & 29th May</p>	 <p>Independent Living, Cooking with Jan Weatherly, 1pm – 3.30pm. Please note, there will be no session on 1st & 29th May</p>
<u>Tuesday</u>	 <p>iPad Active, with Craig Boyes, 10am – 12 noon Please note, there will be no session on 16th May</p>	<p>No Activities</p> <p>Peer Support Group (see details below)</p>
<u>Wednesday</u>	 <p>Coffee Morning 10.30am – 12 noon</p> <p>‘OPEN DAY AT ESSENCE’ 17th May 10am – 3pm</p>	 <p>Seated Exercise and singalong With Gloria Wilson, 1pm - 2pm. Please note there will be no session on 17th May</p>
<u>Thursday</u>	 <p>Arts & Crafts, 10.00am – 12 noon</p>	<p>No Activities</p>
<u>Friday</u>	<p>No Activities</p>	 <p>Men's Group - Sporting Memories, with Craig Boyes 2pm - 4pm. Please note, there will be no session on 12th May</p>
<p>Diary Dates</p> 	<p><u>May 14th-20th is Dementia Awareness Week</u> - Essence will be hosting an Open Day on Wed 17th May from 10am - 3pm at the Essence Centre</p>	



Carer's Peer Support Group, Tuesday 1st May, at 1pm - 2.30pm Venue: The Essence Centre, Doxford Park

Continued overleaf

There are also activities in other areas in Sunderland which are run by the Essence Service.



Weekly Outreach Clubs

Monday – (1.30pm – 4pm), Carers' Centre, Thompson Park Road, Southwick, SR5 1SF, apart from **1st & 29th May** (Bank Holidays)

Tuesday – (1.30pm – 4pm), Bradbury Centre, Stockton Road, SR2 7AQ

Wednesday – (1.30pm – 4pm), Millennium Centre, Concord, Washington, NE37 2QD

Friday – (1.30pm – 4pm), Metcalfe Centre, Hetton, Lee Terrace, Four Lane Ends, DH5 0AG

Crafts & Other Activities



Twiddlemuff Gang, (knit and natter). 1pm – 4pm, is now on **EVERY** Wednesday, at the Carers' Centre, Thompson Park, Thompson Park Road, Sunderland, SR5 1SF Tel 0191 5493768. Everyone welcome



CEED (Community Environmental Educational Developments). See information included in this pack, for the Outdoor Activity Group –(dates, times and various venues)



Billy Wright 'Footy Display' - Thursday 18th May, 2pm – 4pm, at Gildacre Fields, Bardolph Drive, Southwick, Sunderland, SR5 2EL

Social Media - The Essence Service is now using Facebook and Twitter. Please follow us to keep up to date with information and activities, on Facebook: Essence Service Sunderland or Twitter: @EssenceService

The Essence Service strives to improve and expand the current range of activities, available to our clients, and would greatly appreciate any new ideas you may have, which could be of benefit or interest to others. Please contact, Angela, Essence Wellbeing Activity Organiser, via our office, (0191 5221310) or email us on, essenceactivity@ageuksunderland.org.uk

If you would like to attend any of the afore mentioned activities, require more information, or if you need confirmation of dates and times of any of the planned courses, (as unfortunately, some may be subject to change or have limited spaces), please ring the Essence Service on 0191 5221310. Or contact us at, Essence Service, Sir Thomas Allen Centre, Mill Hill Road, Doxford Park, Sunderland, SR3 2ND