

Weekly Sessions



Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pride Media Centre Unit 1, Stonehills Bill Quay, G'head NE10 0HW		Coffee Morning 10.30 – 12.30				
Blaydon Hub 40 Wesley Court Upper Precinct Blaydon NE21 5BT	Warm Space 10.00 – 14.00	Warm Space 10.00 – 14.00	Warm Space 10.00 – 14.00	Warm Space 10.00 – 14.00	Warm Space 10.00 – 14.00	
WB Masonic Hall Norham Road Whitley Bay NE26 2SE	13:00 - 14:00 Energise & Socialise £4				13:00 - 14:00 Energise & Socialise £4	
Fortnightly Sessions						
South Tyneside Hub St. Peter's church, York avenue, Jarrow			10:00 – 11.00 Coffee Morning			
Monthly Sessions						
Pride Media Centre			18.30 - 20.00 Men's group 3 rd Wednesday			13.00 - 14.30 Family Group 1 st Saturday