



October / November 2024

Welcome to our first version of our new newsletter. Each month we will give you a quick guide to what's on and any new updates from the centre.

Whats on:

Tuesdays is our Community lunch day from 12pm-1pm. Check Facebook for our weekly menu. (Not on during school holidays)

Wednesday 10am-12pm we have NHS peer support with their mental health coffee morning which will soon be moving to Thursdays with our Simply Soup.

Every Thursday from 7th November we will have our new Simply Soup on from 11am-1pm. This is free to anyone and again you will find more info on Facebook.

Citizens advice will be with us on the following dates:

14/11/24 11am - 1pm
26/11/24 11.30am - 1pm
10/12/24 11.30am - 1pm
19/12/24 11am - 1pm



Big thank you to all of our volunteers who give up their time each week to help us in supporting the local community.



GROUPS & ACTIVITIES

Birtley Community Theatre

Bumble Bees Pre School

Friday Dance

GKR Karate

Line Dancing

Model Railway

Paramount Fitness

Pilates

Tai - Chi

Thai - Boxing

Wing Chun Kung Fu

Contact us for more information.

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