



# St. Vincent's Newcastle Activity Timetable

All programmes are free and open to everyone

## Mondays

### 11am - 1pm: Proggy Mat Making

A friendly drop-in session to try out a traditional craft technique.

**Drop in, all welcome**

### 1pm - 3pm: Knit and Natter with a Twist

A friendly drop-in session led by Aisha. Unravel the art of knitting and share in friendship.

**Drop in, all welcome**

### 2pm - 4pm: Crafting For All

A relaxed crafting workshop to try something new, have a coffee or tea and a chat.

### 2pm - 4pm: Art of Watercolour

Learn the skill of this soft and light medium, which dates as far back as the stone age and is used today in illustrations, paintings and animation media!

**Drop in, all welcome**

## Tuesdays

### 11am - 1pm: Vinnies Café

A free, home cooked 3 course meal, with table service for all.

**Drop in, all welcome**

### 11am - 1pm: Chat to Matt

A listening service with *Mental Health Concern*. Share your worries with Matt. **Drop in, all welcome**

### 1.30pm - Tuesday Film Club

If you like watching and discussing movies - this group is for you! Join us every week for a friendly get together with the like-minded film enthusiasts! **(Launching October 18).**

## Wednesdays

### 12pm - 2pm: Chit Chat ladies Café

Meet other ladies for coffee and a chat.

**Drop in, all welcome**

## Thursdays

### 12 - 2pm: Art Programme

Art as a key to good mental health.

**Drop in, all welcome**

## Fridays

### 10am - Patchwork, Patter Cutting, and Design

If you are thinking of learning something different, or, you'd like to turn your textile hobby into a money spinner - this class is for you!

**(Launching October 14)**

### 2pm - 4pm: Pie and Poetry Men's Club

Come together with other men to explore poetry and self-expression.

**Drop in, all welcome**

### 2pm - 4pm: Knit and Natter

A friendly drop-in session led by Aisha. Unravel the art of knitting and share in friendship.

**Drop in, all welcome**

## Monthly

### Group walk

Keep your mind and body healthy with our monthly group walk.

**Enquire at:**

[stvincentsnewcastle@svp.org.uk](mailto:stvincentsnewcastle@svp.org.uk)

## Employability one to ones

Find out if we can support you in learning new skills to help you into work.

**Enquire at:** [megann@svp.org.uk](mailto:megann@svp.org.uk)

**Scan the code to see the timetable**



**on your phone:**

**Register your interest and find out more:**

[stvincentsnewcastle@svp.org.uk](mailto:stvincentsnewcastle@svp.org.uk)  
Or call 0191 2616027