

AUGUST (Continued)

Tuesday 29th - **Card making for beginners** - Free activity, Come along and make a card unique to you also cards available to purchase made by our excellent volunteer team.

SEPTEMBER

Tuesday 12th - **Glass Vase Design**. Free Activity. Come along and design a vase that's unique to you.

Tuesday 26th - **Discover Parliament**— The Questions you want to ask but never have the opportunity—Guest Speaker.

Join Lynn to find out what Parliament is, what it does and how you can get involved if you want to.

This informal session will explore how things work, and how you can raise issues that matter to you.

October to December to be confirmed

At all sessions refreshments and light bites available to purchase between 12:30pm– 2:30pm

- £1 pancake
- £1 toasted sandwich
- £1 Hot/Cold drinks. Free refill.

Kindly supported by :-



Community Café @ Fusion Studio



Calendar of Events April—December 2017

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APRIL

Tuesday 18th – **Launch Event of Community Café**
Water Colour painting for beginners – Free activity
Unique to you– Candles & Gift ideas

Tuesday 25th – **Water Colour painting for beginners**– Free activity

MAY

Tuesday 9th – **Water Colour painting for beginners** – Free activity
Tuesday 23rd – **Water Colour painting for beginners** – Free activity

JUNE

Tuesday 6th – **Volunteer Work**– Come along and learn about the qualifications and experience you can gain from supporting a local charity— Guest Speaker.

Tuesday 20th – **Gateshead Advice Partnership**– Come along and learn about the service available from Gateshead Advice Centre– Guest Speaker.



All sessions are :-

12.30pm to 3.00pm



JULY

Tuesday 4th – **Will Writing and Power of Attorney**. Information and advice from a local solicitor—Guest Speaker.

Are your affairs in order? Please join us to hear Claire French, solicitor from Clarke Mairs LLP explain:-

- The importance of having a will.
- The benefits of putting in place Lasting Powers of Attorney.
- How care homes are funded.
- Inheritance Tax mitigation.

There will be plenty of opportunity to ask questions. Claire French will stay after the talk for anyone who wishes to discuss matters in private.

Tuesday 18th – **Card Making for beginners**– Free activity. Come along and make a card unique to you also cards available to purchase made by our excellent volunteer team.

AUGUST

Tuesday 1st - **North East Counselling Services** - North East Counselling are a community interest company who have funding to deliver counseling to people in Gateshead in the following categories :-

- Young people aged 9-25
- Carers and the people they care for
- Veterans and their family members

Counselling can help with a wide range of issues– stress, depression, anxiety, coping with conflict, low self-esteem, family problems, bereavement, coping with independence to name a few

Tuesday 15th - **Diabetes Advice**—Guest Speaker.

This workshop helps you to understand what Type 2 Diabetes is, and the effects it has on the body.

There will also be key information about the Truths & Myths surrounding this sometimes complex condition.