

A LITTLE TIME for you

Writing for Wellbeing Workshop



Join Helen for a therapeutic writing session where we will focus on prioritising positivity, joy and gratitude. You will be guided gently through a range of writing activities using prompts and poetry.

There will be opportunities for self-expression, reflection and discussion but no pressure to share your writing, just a safe space to reconnect with yourself. All writing materials and resources will be provided.

Thurs 15 Oct 2026 | 10.00am – 11.30am
Whitley Bay Community Hub and Library
(St Mary's room)

Mon 23 Nov 2026 | 1.00pm – 2.30pm
Linskill Centre (Mitford room)

Relax, rest and restore with Resonate



Take some much needed 'You' time whilst allowing the various sound waves to wash over and absorb into your whole being.

Please be in warm and comfy clothes, bring a mat, blanket, pillow and water to ensure an even comfier experience.

Please note: Sound healing isn't advised during first trimester of pregnancy, if you have a pace maker or any metal in the body.

Tues 13 Oct 2026 | 12.00pm -1.30pm
Fisherman's Mission Church, Cullercoats

Tues 10 Nov 2026 | 7.00pm – 8.30pm
Fisherman's Mission Church, Cullercoats

LIMITED SPACES – BOOK YOUR SPOT TODAY



North Tyneside
Carers' Centre



To book your place:

Please contact us on 0191 249 6480

or email enquiries@ntcarers.co.uk

or visit Ticket Tailor <https://buytickets.at/ntcc>