



**The Lodge, Blackhill & Consett Park,  
January-March 2020**

**Mondays, 1pm-3pm: Gardening group (seasonal).**

A practical introduction to the basics of gardening. Enjoy fresh air, friendship and growing food in the park's Community Garden. Re-starts **Monday 23<sup>rd</sup> March**, weather permitting. Meet in the Lodge.

**Tuesdays, 1.30pm – 3pm: “Let’s Sing” singing group**

An open social singing group for adults of all ages and abilities, to promote health and wellbeing. Varied repertoire and occasional performance opportunities. Refreshments from 1pm.

**Wednesdays, 1.30pm – 3.30pm: Open art studio**

Enjoy learning a variety of creative arts and crafts skills in this friendly and supportive group. All abilities welcome. For adults aged 16 and over.

Activities are led by qualified and experienced tutors and are part of the “**Ways To Wellbeing**” programme. **Registration applies.**

No fee is charged but donations towards costs are kindly requested.

For more details please e-mail: [martin.weston@durham.gov.uk](mailto:martin.weston@durham.gov.uk)

or phone Martin on **03000 - 262480**.

welcome

