

What's On – Winter 2023

Group or Activity	Time	Cost	How to Get Involved	Information
Monday to Friday				
Warm Space	9:00-12:00pm	Free	Come along – all welcome!	Hot drinks, biscuits, WiFi
Monday				
SOSA Dance Class	9:30-10:30am	£5	Contact Trudy: 07787419022	
Coffee Morning	10:30-11:30am	Donate	Come along or call 01914420833	FACT Fundraising
Ballet Be Fit	10:45-11:45am	£6	Contact Trudy: 07787419022	Booking essential
Ladies Club	1:30-4:00pm	£1	Come along!	£5/£8 annual membership
Mat Pilates with Liz	5:30-6:30pm	£5	Come along!	Bring a mat
Ballet Be Fit	7:00-8:00pm	£6	Contact Trudy: 07787419022	Booking essential
Tuesday				
Lunch Club	12:00-1:30pm	£3	Come along!	Two course meal
NHS Weight & Wellbeing	4:00-7:00pm	Free	Ask your GP for a referral	
ActaDog Training - Hoopers	6:00-7:00pm	£10	Contact Fiona: 07746993690	4 week sign up
ActaDog Training - Obedience	7:00-8:00pm	£5	Contact Fiona: 07746993690	
Boogie Bounce	7:15-8:00pm	£6	Contact Michele: 07956992069	
Wednesday				
Art Club	2:00-4:00pm	£1	Come along!	£5/£8 annual membership
Northern Star School of Dance	4:30-7:15pm	Various	Contact Bonita: 07584289017	Three classes
Bible Study	7:30-8:00pm	Free	Come along!	Christ Liberty House
Camera Club	7:30-9:00pm	50p	Come along!	£5/£8 membership
Thursday				
Walking Group - Thrive	9:30-11:00am	Free	www.durham.gov.uk/walkdurham	Booking essential
Home Group Drop In	10:00-12:00pm	Free	Drop in or call 0191 7311470	Housing & benefit support
Lunch Club	12:00-1:30pm	£3	Come along!	Two course meal
Slimming World	5:30-7:00pm	£5.95	www.slimmingworld.co.uk	Join online
Belly Dancing	7:15-8:15pm	£6	Contact Sarah: 07986921118	
Friday				
Craft Club	10:30-12:30pm	£1	Come along!	£5/£8 annual membership
Mat Pilates with Liz	5:30-6:30pm	£5	Come along!	Bring a mat
Saturday				
Community Café	9:00-12:00pm	Various	Come along!	
Northern Star School of Dance	9:00-3:00pm	Various	Contact Bonita: 07584289017	Several classes
Sunday				
Toddler Football: SupaStrikers	9:00-10:00am	£6.25	Contact Craig: 07525359590	Monthly sign up
Christ Liberty House Church	10:30-12:30pm	Free	Come along!	Christian Church