

December News Sheet

Ground floor, Sunco House
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Quiz Team

Do you like quizzes? Are you interested in getting a team together to visit pub quizzes together.

There are various venues around Newcastle offering Quiz evenings on most week nights.

Speak to any member of staff if you are interested in finding out more or joining a team.



Chess and Scrabble Club

The Chess and Scrabble Club will be meeting at Sunco House at 2pm on Tuesday afternoons, starting on 29 November. Initially this is a member run group but there are opportunities for members to join other leagues in Newcastle if they wish. Please speak to Craig for more information.

Men's Self Care Group

This is a 6 week course, starting mid January, running at Westgate College. Magazine's and newspapers are full of self care tips and information for women, but there doesn't seem to be as much advice about for men. Craig and Derek from the staff team are signing up for this course and are keen to recruit a few more men to join them. Please let a member of staff know if you are interested so we can liaise with you and the college to find the best day and time for the course to be held.



Christmas Party 15th December

7pm to 10pm at Companions Club
Leazes Park Road

Member Tickets £3-50
Guest Tickets £5.50
Buffet and Disco

See any member of staff for a ticket



Christmas Opening Times

The service will be closed from 4pm on Friday 23rd December to 9.30 on Tuesday 3rd January.

If you are already involved in activities with us, please speak to a member of staff to find out what is happening to your group during this time.

See overleaf

Spanish, Italian ?



Are you interested in learning some Spanish, or possibly Italian, or any other language?

Westgate College have offered some taster sessions, either at Sunco House or at the college for people who would like to try learning another language.

Perhaps we could even support the group to arrange a holiday to practice their new skills.

To find out more or to express an interest in the taster sessions please contact Craig.

Work Club

If you would like any help to think about options and support that may be available to you getting back to work, please call in to our Work Club any Tuesday or Thursday between 11am and 1pm.

Help also available with CVs and job Search.

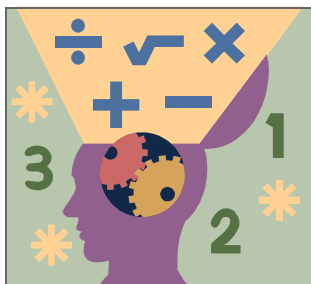


Numeracy

Do numbers put you in a spin? Would you like some support in a small informal setting to improve those skills.

We have run some very successful sessions for people who want to improve their literacy skills and have had a lot of requests to do the same for numeracy.

To find out more or to put your name forward please speak to any member of staff.



Ice Skating

Anyone interested in trying out ice skating whilst the rink is at Times Square.

Concession prices are £6.95 to skate but if we have enough people we may be able to get a further discount for a group rate. speak to John if you are Interested.



Fishing Group

The fishing group meets every Thursday on the Quayside near the Copthorne. Anglers tend to meet between 11 and 2 but there is no fixed time people need to arrive or leave by.

If you have never fished before or haven't for years and don't have any equipment, we can lend you rods etc to get you started.

If you have your own gear, bring it along and those new to the sport are always grateful for tips and pointers from more experienced anglers.



Computer Skills

Our computer suite is available every week day morning for people to come along and learn basic computer skills. Anything from setting up an email account, to doing your grocery shopping on-line we can help you with.

For those who want to we can offer some basic qualifications but our main aim is to help you gain the skills to do what you want on the computers.

After you have gained the skills we can help you to find other community resources to continue using computers if you don't have access to one at home.

