

OTHER CENTRE SERVICES...

The Centre also has other services available to members such as:

- Women's and Men's groups (CREEs)
- New College Durham and Centre run courses
- Saturday opening
- Trips out

HOW YOU CAN...

USE THE CENTRE'S SERVICES...

Ask your voluntary organisation worker, GP, Mental Health Care Professional or self refer to Waddington Street Centre through the DMWA:

- to take part in social sessions/activities
- to receive emotional and practical support
- to use the physical activities service

MAKE REFERRALS MADE TO THE CENTRE...

...by contacting the

Durham Mental Wellbeing Alliance

0300 304 5527

durhammentalwellbeingalliance.org

HOW TO FIND US

Waddington Street Centre is situated near the railway viaduct on Waddington Street, approximately 5 minutes walk from both the Bus and Train Stations.

If you'd like to look around give us a call...
We're open Monday to Saturday.

Call **0191 386 0702** to find out more



Waddington Street Centre
3 Waddington Street, Durham, DH1 4BG

Please ask us if you would like this document summarised in a different language or format.



Braille



Audio



Large Print

alee@waddingtoncentre.co.uk

0191 386 0702

www.waddingtoncentre.co.uk

[f /waddingtoncentre](https://www.facebook.com/waddingtoncentre)

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June 2023



"OPENING DOORS,
OPENING MINDS"



SOCIAL SUPPORT

Waddington Street Centre is renowned for offering effective support and opportunities to adults in County Durham who experience mental health problems.

The Centre has dedicated and trained support staff who are able to help in a variety of ways; talking about problems can be a good way of sorting things out. Support staff are always ready and available to listen and, if possible, help people resolve their issues. Volunteers and Waddy Helpers support the centre's operation.

Waddington Street embraces mental health peer support / co-production.

WE AIM TO HELP PEOPLE TO:

- improve their confidence and wellbeing
- find a new or rediscover an interest or hobby
- meet new people and make friends
- build routine into their life
- become more physically active

SOCIAL ACTIVITIES INCLUDE:

- Arts and crafts
- Interest groups
- Quizzes, games
- Trips and outings

Sessions are held in high quality, purpose-built surroundings at the Centre.

See our website for timetables and more information.

www.waddingtoncentre.co.uk

OUR FACILITIES...

CAFÉ/LOUNGE

QUIET ROOM

ART STUDIO

IT SUITE & FREE WI-FI THROUGHOUT

17 SEATER MINIBUS



The Centre has disabled access and hearing loop.



Food and refreshments are available to buy

A few Waddy Member comments:

"Having someone to off-load my thoughts, feelings, needs etc as I live alone, talking and having someone listen and empathise is paramount."

"I never used to have much to look forward to. I really enjoy doing the classes and I have made new friends."

"What I have learned in only 10 weeks is amazing. Small changes in my lifestyle and the support I have received have made me feel more well than I have in years."

WHAT WE DO & HOW WE DO IT THROUGH THE DURHAM MENTAL WELLBEING ALLIANCE

EMOTIONAL AND PRACTICAL SUPPORT...

In addition to the support we deliver as described the Durham Mental Wellbeing Alliance (DMWA) gives our members easier access to the services of our Alliance partners. So if there is something we don't provide there is a better chance that we can signpost people to an organisation that does.

In addition we have developed a.....

PHYSICAL HEALTH ACTIVITIES SERVICE...

WSC encourages people to look after their physical health through the Waddy Feel Good Service (WFGS).

WFGS offers a variety of core weekly low level activities including badminton, gym, football and a walking group. Since becoming part of the DMWA in April 2022 the centre has added new age curling and cycling to its weekly timetable. The activities take place locally either at Meadowfield Sports Centre or Durham University's Maiden Castle Sports Complex and the centre's mini bus is used to transport members to and from these venues and, takes the walking group out for walks in the beautiful County Durham countryside.

At Waddington Street Centre you are never alone

