

Social Activities

Monday

Morning Colouring Crafts
Afternoon Darts

Tuesday

All Day General Crafts

Wednesday

Morning Quiz
Afternoon Music Appreciation
 Games

Thursday

Morning Chess and Draughts
Afternoon Quiz

Friday

Morning Carpet Bowls
Afternoon Table Tennis



To access this service you will need to be referred through the Durham Mental Wellbeing Alliance.

You can self refer or ask a professional.

Referral forms can be found on the website below. Or you can telephone or helpful referral coordinators.

Durham Mental Wellbeing Alliance
c/o Waddington Street Centre
3 Waddington Street
Durham
DH1 4BG

Office Opening Hours
Monday to Friday

09:00 – 17:00

Telephone

0300 304 5527

Email

contactus@durhammentalwellbeingalliance.com

Website

durhammentalwellbeingalliance.org

Sept 2022



Helping you to feel connected.



Waddy Social Club (WSC)

Hello, we are Waddington Street Centre (Waddy to our friends) We would like to welcome you to our Waddy Social Club which is part of the Durham Mental Wellbeing Alliance

Did you know that socialising with other people can be very good for your mental health? We know that coming to new places and meeting new people can be very scary but at WSC we aim to make this difficult process as easy as possible. We have staff, volunteers and peer supporters (members with lived experience of mental health problems who help and support other members) Who are here to welcome you and help you to settle in.



Why is socialising important?

- ◆ Get's us out of the house and gives us something to look forward to.
- ◆ Helps us to make new friends and build supportive relationships
- ◆ Gives us the opportunities to share our worries and frustrations
- ◆ Helps us to sleep better because we've been out and about and sharing our 'stuff' with others gives us less to worry about at bedtime
- ◆ Having a laugh – did you know that laughing helps our mental health? When we laugh we release endorphins which make us feel calmer and happier
- ◆ Helps us to feel connected to others and part of something. Loneliness and isolation can make our mental health worse.
- ◆ Meeting new people and doing new things gives us something new to talk about with other friends and family.

Our social sessions are very informal and many have other activities attached to them such as: Arts and crafts, quizzes, darts, board games etc. So, you can simply come for a cuppa and a chat or to join in with an activity. We plan to offer free hot drinks over the winter months so please don't worry about having enough money to purchase them.

If you are struggling and need a chat you can catch one of our support staff for some help. We also have a useful leaflet about the support so that you can understand what this involves.

We offer trips out in our minibus to local places of interest, art galleries and the Theatre.

We also have lots of focus groups where we ask our members to give us their views so that we can make Waddington Street Centre and Durham Mental Wellbeing Services better. Your views are important and you are always welcome to join us.

After you have attended social activities for up to 10 weeks you can then get involved in other Centre activities such as our New College Durham Courses, Evening and Weekend groups and you may even be interested in becoming a peer supporter (Waddy Helper) yourself.