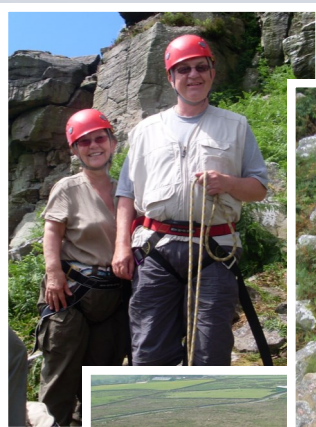


PUSHING^{the} POSSIBILITIES!

...learning through Adventure!



WinG

Charity No. 1156300
Company No. 8002297



FREE

Course Dates

FREE

Information 'Open Day' Friday 12th October
visit any time between 10am — 4pm
Gateshead Civic Centre Main Lobby Hall,
Regent Terrace, NE8 1HH

- | | | | |
|-------------|--------------|---------------|------------------|
| 1. Thursday | 18th October | 1pm – 5pm | Teambuilding |
| 2. Friday | 19th October | 10am - 5:30pm | Outdoor Activity |
| 3. Thursday | 25th October | 10am - 5:30pm | Outdoor Activity |
| 4. Friday | 26th October | 10am - 5:30pm | Outdoor Activity |

The 'Pushing the Possibilities' project offers disadvantaged people aged over 55 the chance to learn through outdoor activities. Targeting older people who may be isolated, inactive, overcoming poor health or mental health conditions. The programme gives you the chance to have fun, learn new skills, develop more self-confidence, meet new people and lead a more healthier and fulfilling life. Learning through adventure is a powerful way of building confidence and changing people's views of their own abilities and possibilities.

For further information contact: Nick Coates

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