

PUSHING^{the} POSSIBILITIES!

...learning through Adventure!



Course Dates

Information 'Open Day' Friday 8th September
visit any time between 10am - 3pm at
13 Walker Terrace, Gateshead NE8 1EB

1. Thursday 14th September 1-5pm Teambuilding
2. Friday 15th September 9:30-5:30pm Outdoor Activity
3. Thursday 21st September 9:30-5:30pm Outdoor Activity
4. Friday 22nd September 9:30-5:30pm Outdoor Activity

The 'Pushing the Possibilities' project offers disadvantaged people aged over 55 the chance to learn through outdoor activities for 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 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 — Senior Instructor

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