

PUSHING^{the} POSSIBILITIES!

...learning through Adventure!



Course Dates

Information 'Open Day' Friday 27th April
visit any time between 2pm—5pm
13 Walker Terrace, Gateshead NE8 1EB

1. Thursday 3rd May 1pm – 5pm Teambuilding Selection
2. Friday 4th May 9:30-5:30pm Outdoor Activity
3. Thursday 10th May 9:30-5:30pm Outdoor Activity
4. Friday 11th May 9:30-5:30pm 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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WinG

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