

A WAY OUT: SERVICE TIMETABLE

DAY	TYPE OF ACTIVITY	SUMMARY	AREA	VENUE	TIME	AGE
Monday	Young Men's Afternoon	For vulnerable young men looking at relationships, sexual health & healthy lifestyle.	Stockton	The Gate	1.00pm-4.00pm	16-22
	Self Esteem Workshop	A school workshop looking at building self esteem confidence & self worth.	Norton	Blakeston School	1.30-2.30pm	13-15
	Alcohol Workshop	A school workshop looking at the effects and risk of alcohol.	Norton	Blakeston School	2.30-3.30pm	12-13
	Urban Feel Night (TBC)	A cafe to chill out in with dance, graffiti and the urban feel. Join in the atmosphere and enjoy the urban culture	Stockton	The Gate	5.00-7.30pm <i>(Subject to change)</i>	12+
Tuesday	Alcohol Workshop <i>(Fortnightly)</i>	A school workshop looking at the effects and risk of alcohol.	Grangefield	Grangefield School	10.10-11.10am	14-15
	Sarah Project	Recovery group for young women struggling with life controlling issues.	Stockton	The Gate	1.00-4.00pm	16-24
	Engage 2 achieve - Young Women's Group	Looking at building self esteem, confidence and self worth.	Stockton	The Gate	5.30-7.00pm	14-19
	Engage 4 health - Girls Group	Girls group looking at the effects and risk of drugs & alcohol and also arts & crafts & self esteem.	Port Clarence	Clarences Community Centre	5.00-6.30pm	11-13
	Port Clarence Youth Drop In <i>(ran by Newtown Resource centre)</i>	Youth Drop In rang by Newtown Resource Centre	Port Clarence	Clarences Community Centre	6.30-9.00pm	11-14
Wednesday	Engage to Learn Port Clarence Self Esteem Girls Group	Port Clarence girls group looking at building self esteem confidence & self worth.	Stockton	The Gate	10.00-11.00pm	16+
	Engage to Learn Port Clarence Healthy Life Style Girls Group	Port Clarence girls group looking at fitness & healthy lifestyles	Stockton	The Gate	11am-12.30pm	16+
	Detached Outreach	We aim to meet groups of women and young people hanging out on the streets and befriend them and help them access either A Way Out or other services.	Stockton	On-street sessions	11.30am-1.00pm	11+
	Young Women's Drop in	For vulnerable, NEET at risk young girls. Looking healthy living, drugs and alcohol, self esteem, arts & crafts. Hot food, C-card, advice available.	Stockton	The Gate	1.30-5.00pm	15-21
Thursday	Bishopston Centre Boys Group	Accredited workshops around the effects of drugs and alcohol. Recreational activities to build team work & self esteem. Drug & alcohol screening & brief interventions.	Stockton	The Gate	9.30am-12.30	14-16
	Cherish Women's Group	To help and advise families reduce the amount of prescribed medication by improving physical health and well being, empowering individuals to address health needs through diversion	Stockton	The Gate	11.00am-2.00pm	21+
Friday	Bishopston Centre Girls Group	Accredited workshops around the effects of drugs and alcohol. Recreational activities to build team work & self esteem. Drug & alcohol screening & brief interventions.	Stockton	The Gate	9.30-12.30	16-16
	The Cave Friday Night Drop In	Come and simply hang out in probably the coolest cafe in Teesside.	Stockton	On-Street Promotion / The Gate from October	5.00-7.00pm <i>(Subject to change)</i>	12+
	Port Clarence Drop In <i>(ran by Newtown Resource centre)</i>	Youth Drop In rang by Newtown Resource Centre	Port Clarence	Clarences Community Centre	7.00pm-8.30pm	15-19
Monday - Friday	Emergencies/First Contact Enquiries	Any women or young person who has an emergency such as homelessness or abuse – on site crisis worker will assess need and refer accordingly	Stockton	The Gate	11-4pm	13+

For more information on the above please ring A WAY OUT on 01642 655071