



## ART FOR ALL



Art For All is a **brand new activity** at **Springfield Community Centre**, a 'do it yourself', **creative space** | **£2 per person**

Many of the materials will be provided for you, although you may need to buy some things yourself. Working together you will be able to **develop your own skills**, or find some you never knew you had. The group is **open to all adults regardless of age or ability**.

All you have to do is be able to hold a paintbrush or pencil. You will be able to **meet new friends** and create some attractive artworks in a warm, friendly environment.

Art For All starts on **Wednesday 1st March** and continues **every week** on the **same day** from **2.30-4.30pm**. Just **turn up on the day**, no need to book. For more information,

[springfieldcommunity.org.uk/artforall](http://springfieldcommunity.org.uk/artforall)

Contact Linda



0191 266 2988

## HIPPITY, HOPPITY EASTER



On Sunday 9th April, we are hosting, **Hippity, Hoppity Easter** at Springfield  
From **2-4pm** in the **community centre**

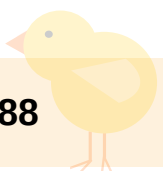
There will be a **bouncy castle**, **some games to play** and **some crafts** to make.

Watch out for more details !

Contact Stuart



0191 266 2988





Due to popularity, as of **Monday 6th February 2023**, SitFit now has a session every **MONDAY!**

**1.30 - 2.20pm** and you'll find us in the hall, in **Springfield Community Centre.**

**SIT FIT AT SPRINGFIELD**

**NOW TWO TIMES A WEEK !**

It's a fantastic way to keep you **fit and healthy at any age !**

We would love for you to join us. **All are welcome** and its **only £2 per person** which goes directly to **Springfield Community Association**, your local **charity**. If you would like to get involved, or need any other information about Sit Fit,

Contact Linda  **0191 266 2988**

## SPRINGFIELD DISC GOLF CLUB

Springfield Community Association is developing a local disc golf club hosted by one of our trustees, **RickRick**. He is a touring professional and national champion and will lead a **weekly club meet**.

We will host a taster session on **Wednesday April 5th from 10am-3pm** this year for new comers and locals that have already played before. This activity is for all ages and abilities, brilliant for families to play together and the event will be **FREE**

Sounds like something you want to get involved with?



Contact RickRick  [rickrick@springfieldcommunity.org.uk](mailto:rickrick@springfieldcommunity.org.uk)