

**ARC**  
Stockton Arts Centre



# Staying Out

**Free socially prescribed creative sessions for over 65s**

**Every Wednesday, 10am - 3pm  
ARC Stockton**

[WWW.ARCONLINE.CO.UK](http://WWW.ARCONLINE.CO.UK)

Staying Out provides opportunities to meet new people and try a range of creative activities, from arts and crafts to song writing, music and influencing performances, in a friendly and welcoming space.

Members are welcome to join in the activities, or just sit back, relax, and join in the company.

Staying Out is free to attend for up to six sessions, and all materials plus refreshments are included. You can also bring a packed lunch or buy your dinner from ARC's café.

To be referred to join Staying Out, you'll need to:

- Be 65+ years old and live in Stockton on Tees
- Feel at risk of social isolation or loneliness
- Be able to get to / from ARC independently
- Be able to mobilise on your own \*
- Have no personal care requirements \*

\*If you need support with mobilising or personal care you will need to bring a carer with you.

Please speak directly to your GP, health worker, or a social prescriber to request a referral.

For more information about Staying Out, you can also contact Sonya Curle by calling 01642 434174 or emailing [sonya.curle@arconline.co.uk](mailto:sonya.curle@arconline.co.uk)



"I was nervous about coming to ARC, but I'm very glad I did. I tried new crafts and had a lovely natter. This has been the best medicine I could have wished for".