

LAUNCHPAD NORTH  
TYNESIDE INVITES YOU TO

# FIND THE WORDS

Join local writer Elaine Cusack, for a gentle exploration of creativity and the everyday inspirations that exist around us in our homes and beyond. We'll be exploring our favourite works of art, our own life experience as inspiration and hopefully starting to compile our own recipe book of favourite dishes.

No previous experience necessary

First three sessions are online via Zoom, fourth session will be outdoors, weather and restrictions permitting

Spaces are limited - booking essential

Feel free to book onto one or all of the sessions

TUESDAY 27TH APRIL - 1PM - CREATIVE APPRECIATION

WEDNESDAY 5TH MAY - 6PM - WRITING OUR LIVES

TUESDAY 11TH MAY - 1PM - RECIPES

TUESDAY 18TH MAY - 1PM - OUTDOOR CREATIVE  
TREASURE HUNT (WEATHER AND RESTRICTIONS  
PERMITTING)

Contact [launchpadnt@gmail.com](mailto:launchpadnt@gmail.com)

By and for mental health service users and survivors

