

# EXPERTS BY EXPERIENCE

Newcastle Gateshead Network



Equal and diverse people making change happen

## NETWORKMATTERS



Come along and **chat**  
**eat**  
**listen**  
**learn**  
**network**

 /fulfillinglivesng

 @fulllives\_ng

[www.fulfillinglives-ng.org.uk](http://www.fulfillinglives-ng.org.uk)

# GET INVOLVED

Have you experience of 2 or more of the following issues – homelessness, offending, substance misuse, mental health? If so why not come along to our safe and inclusive get together that takes place across Newcastle and Gateshead monthly?

Network Natters will be held from 3 - 4.30pm on:

**Weds 15th August at Ouseburn Farm**  
**Tues 18th September at Gateshead Carers**  
**Weds 17th Oct at ReCoCo Newcastle**  
**Tues 13th Nov at Youth Focus, Gateshead**  
**Weds 12th Dec at Crisis Skylight Newcastle**  
**Weds 15th Jan at Oasis Aquila Gateshead**

Your opinions and lived experiences can help to make changes in services that support people with Multiple Complex Needs. If you want to come along with a member of staff that's fine too!

**Please contact Lou Thorpe, Fulfilling Lives Co Production Worker, for more information.**

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# FULFILLING LIVES

Newcastle Gateshead



**CHANGING LIVES**

**NATIONAL LOTTERY FUNDED**