

WELCOME TO
**THOUGHT
FOUNDATION
BLOG 2018**



**THEN
NOW
SOON**

JANUARY 2018

HAPPY NEW YEAR!

We hope 2017 left you smoothly and that 2018 has provided you all with a renewed energy and vigour for life!

However, to those that Christmas and New Year were a manic blur of excited but over stimulated children, testing family members and an awful lot of washing up, we feel you!

Resolutions aren't our thing here at TF towers but we do have hopes for the future and a team of lovely people who want to make 2018 the best year yet for our creative space.

Today's Blog is all about then, now and soon. Our little January reflection on where we've come from, where we're at and also where we want to be going. It's going to be a whistle stop tour, so seat belts on!

Love

Thoughts Foundation

THEN

Once upon a time there was a 1960s disused car garage and two very passionate humans; who had a vision to create a community creative space in Birtley Gateshead. Some thought they were mad, others thought they had envisioned an impossible task but on the 1st of May 2017 Thought Foundation opened their doors.

2017 included

- 4** fantastic exhibitions: We're all going on a Birtley holiday, Thoughtful Planet, Articles of Brexit and current exhibition DRAW.
- 1** THINK & FOUND Shop
- 1000s** of delicious meals, coffees, cakes and the odd alcoholic beverage cooked, baked and served at our BRAIN FOOD Cafe.
- 1** WEDDING **Oodles** of regular craft sessions, music classes and arty play
- Loads** of collaborative events with social enterprise groups, charities and generally sharing the love
- 100s** of children interacting with SCHOOL OF THOUGHT workshops **and lots more!**

NOW

Well we're back with a jam-packed January full of lovely events to ease you into the new year!

Whether you want to get your little ones involved, get crafty yourself or add a little gentle exercise to your routine, Thought Foundation is here to help!

We have a super chilled, non-judgemental Pilates or Yoga session

PILATES WITH MOYA

(CHARTERED
PHYSIOTHERAPIST)

Tuesday's 6pm-7pm

£7.50 per session contact

Moya on 07906318883 to book.

YOGA WITH REBEKAH BROWN

Wednesday's 5:30-6:30pm

£5 per drop-in session no need to book

For parents and parents to be ...

BREASTFEEDING TOGETHER

Thursday's 10:30 - 12:30 drop in session

A lovely gathering of breastfeeding mums to support on another, with support from Amanda Dunbar, Lactation Consultant. Free

ANTE NATAL CLASS

January 27th 10am - 3pm, £60 per couple

A course hosted by a Midwife and lactation consultant providing advice surrounding labour, skills and technique, taking care of a newborn, sleep, taking care of yourself and a fab opportunity to meet other couples in your area.

Activities for fully grown Humans!

MAKING TIME

Join us every wednesday for MAKING TIME our hourly craft session from 10.30 in our lovely cafe space.

Each week has a different craft collaborator and new make.

£6 a session, no need to book.

ADULTS CLOTHES SWAP

9th of February, 6:30pm - 9pm
£3.50

You're invited to TF's clothes swap party as part of our aim to protect the environment. What better way to breathe new life into your wardrobe than an environmentally friendly way?

For every garment or item you donate, you will receive a token, to be exchanged for another garment

*Only garments in good condition (washed and ironed) are welcome. Please check your pockets before swapping. Shoes, jewellery and bags are also welcome.

AN INTRO TO BRUSH LETTERING

3rd of February, £39

The Craffhood will help guide you through the basic strokes to enable you to find your own style of brush lettering.

You will enjoy guided tuition, freshly made refreshments and a brush lettering starter kit which includes everything you need to continue the craft at home.

BOARD? GAMING IS THE ANSWER!

10th of February, 12:30- 4pm

Do you love board games? Then why not join us for Board? Gaming is the Answer! Artist Cally Trench will also be on hand to play her innovative art board games currently being showcased in our DRAW exhibition. Bring your favourite boardgame along to play with others too. No need to book, just turn up on the day, this family event is free.

Tiny Human activities

TUNEFUL (TINY) HUMANS

The sessions are led by musician Paige and filled with singing, dancing, movement and fun!

2 x 45 mins drop-in sessions starting at 10am and 11am every Tuesday.

Tiny humans are £5 each, siblings are £3 each and fully grown humans are free.



MINI ART-MAKERS

Sessions led by artist Megan Randall and filled with story led, inspired, messy and creative art and play

2 x 55 minute sessions starting at 10am and 11am on Fridays

Tiny humans are £5 each, siblings are £3 each and fully grown humans are free.



UKULILY MUSICAL WORKSHOP FOR KIDS

Join the lovely Lily as she plays her ukulele, handmade instruments and sings. Your little humans will love singing along!

11am every Sunday until February 25th.

Tiny humans are £3 each and fully grown humans are free.

YOUNG HUMANS THEATRE WORKSHOP

A two hour fun session theatre workshop for young humans aged 7 and above with Equity member David Grady. During the workshop individuals will explore movement, control, spacial awareness and focus through imaginative theatre games and activities.

January 20th, 2pm - 4pm
£8 per young human.

SOON

Well what can we say, Thought Foundation has the potential to grow in so many areas. We want to reach more members of the community and provide a space that can host fantastic conversation, thoughtful exhibitions, phenomenal food and good company.

We have plans, yes, big plans.

Keep an eye on our Blog, Website and social media for all updates!

Psst we have a wonderful schedule of events for you and your tiny and small humans this February Half term, which we will publish soon!

Thought Foundation 
it's not fancy but it is...
independent, creative, arty,
kind, thoughtful, energetic,
wholesome, good-for-you,
fun, family friendly, licensed,
open, available for hire,
dynamic, family run, inspiring,
encouraging, alternative
and open everyday!