

# Guidepost Drop in

**Gateshead Guidepost every Monday 9am - 4pm**

**Rowlands Gill Guidepost every Wednesday 1pm - 4pm**

**Blaydon Guidepost every Friday 9.30am - 4pm**

## A drop in for Adults with Learning Disabilities

- Refreshments
- Information
- Training Sessions
- Meet people, make new friends
- Signpost for additional support
- Personal Development
- Computer Access
- Your Voice Counts
- Gateshead People

Community Links

Support

Advice

Health

### Rowlands Gill Guidepost

Rowlands Gill Library,  
Norman Road,  
Rowlands Gill, NE39 1JT  
Tel: 01207 542 372  
Tel: 0191 433 6080

### Gateshead Guidepost

Connexions Building,  
Interchange Centre,  
West Street Gateshead, NE8 1BH  
Tel: 0191 433 6827  
Tel: 0191 433 6066

### Blaydon Guidepost

Blaydon Youth Club,  
Shibdon Road, Blaydon,  
Tyne & Wear, NE21 5QE  
Tel: 0191 433 6827  
Tel: 0191 433 6080