

July Activity Bulletin



Movement to Music Taster Session

Wednesday 1st July, 2pm-3pm, Robert Stewart Memorial, Wingrove Rd, NE4 9BU. A free gentle exercise session delivered by Company of Others. If this proves popular it may lead to more sessions.

Singing for your Brain Patchwork

Wednesday 1st July, 10am-11.30am. Patchwork Project, 83 Adelaide Terrace, NE4 8BB. This is a one-off and will return to its usual venue next month.

Singing for you Brain Cruddas Park

Wednesday 15th July, 11.30am-12.30pm

Knit and Natter Tyne Theatre

Wednesday 8th and 22nd July 10.30am-12pm

Tai Chi Fenham Every Monday 11am-12pm, Far Community Centre, Acanthus Ave. NE4 9YD

Cruddas Park Hub Coffee Afternoon

Mondays 1.30pm-3.30pm Cruddas Park Surgery, Westmorland Rd NE4 7SJ

Card Making Tuesday 7th and 14th July, 1pm. St James Church, Benwell Ln, NE15 6RS, £3

Friendship Groups:

Kenton - Every Tuesday -12:00-13:30 -
Kenton Library
(NEW TIME) Benwell - Every Wednesday
10 -11:15 - West End Library

Knit and Natter Monday 10am-12pm.
Throckley Community Hall, NE15 9EL

Gentle Seated Exercise Monday 6th and 13th of July ONLY. 11am-12pm, West Denton Church, NE5 1BN £3

Strictly Ballroom Mondays 1pm-2pm.
Westerhope Institute, NE5 1NE, £3

Tai Chi Wednesdays, 12.30pm-1.30pm.
West Denton Community Centre, NE5 1DN, £3

Line Dancing Wednesdays, 2pm-3pm.
Walbottle Village Hall, NE15 8JE, £3. NOT ON 29th July.

Walking groups: Various Thursdays in different locations, 10.30am but please arrive at 10.20am. Please wear appropriate outdoor clothing and footwear as well as being confident in your fitness to complete up to 3 miles of walking. Next walk, Thursday 9th July.

Throckley Lunch Club Thursdays, 12pm-1pm, Throckley Community Hall, NE15 9EL. Suggested donation £2. Come and have some homecooked food, share friendly chatter with a lovely bunch of people, as well as signposting from Search staff.

Yoga Fridays, 12pm-1pm. Westerhope Institute, NE5 1NE, £3

**If you have any questions or would like to book
please contact Search on 0191 2737443**

Mindfulness for Wellbeing: 9th, 23rd -
City Library - 4th Floor Book Gallery -
10:30-12:00

Monthly Tea Dance 3rd Thursday of each
month, 1pm-2.30pm. Throckley
Community Hall, NE15 9EL. £3. Next on
Thursday 16th July.

***NEW* Museum Socials:** The July social
will be at the Laing Art Gallery at 10:30am
- 12pm on Friday July 31st. We have a
guest speaker Sorcha Macintyre from
Newcastle Business School.

Absolute Beginners Line Dancing
Tuesdays, 11:45am – 12:45pm. Denton
Burn Community Association NE5 2UQ,
£3

Line Dancing Improvers
Tuesdays 10.30am-11.30am, Denton
Burn community association. £3

Gentle Exercise seated option available
Wednesdays, 1pm – 2pm, Denton Burn
Community Association NE5 2UQ, £3

Absolute Beginners Line Dancing
Thursdays 6pm Denton Burn Community
Association NE5 2UQ. £3

Asian Ladies Group Every Tuesday,
12pm-3pm.
RSM church, Wingrove Road, NE4 9BU.
Gentle Exercise, Chai and Chat, £3.

Asian Men's Gup Shup Cha Chai Chai, 452
Westgate Road, NE4 9BJ
Mondays 11am – 1pm

Weekly Memory Tea Activities for people
living with dementia/memory loss and
family/friends. Thursdays, 1pm-2.30pm.
Holy Nativity Church, Hillhead Parkway,
Ne5 1dr. Call to book.

Tea and Tech Tuesdays 10am-12pm.
Robert Stewart Memorial, Wingrove Rd
Call to book a place
Thursdays 1.30pm-3.30pm, Denton Burn
Library

Advice Drop-ins

MONDAY & Tuesday 10.00-12.30 SEARCH
Pop-in centre, Adelaide Terrace, Benwell
MONDAY 10.00-12.30, Kenton Library, NE3
3QJ

TUESDAY 10.00-12.30, Grainger Market, Alley
3, Being Well Unit

THURSDAY 10.00-12.30, 9th and 23rd July,
Throckley Community Hall, NE15 9EL

THURSDAY 2-4PM, 2nd, 16th and 30th July,
Fawdon Community Centre, NE3 2PL

**Energy Advice - Please Contact Search on
0191 2737443**