

August Activity Bulletin



NEW! Easy Walks Very gentle walk lasting a maximum of 30 minutes at a slow pace. Thursday 6th August 1pm, Nunsmoor Park. Meet at the entrance of park (there is a bench if you need to sit) There is a cafe inside the park if people wish to have a drink afterwards.

NEW! Zumba Gold A lively dance style class for older people. Every Thursday (Not on 27th August) 2.15pm, Far Community Centre, Acanthus Ave. NE4 9YD

Knit and Natter Tyne Theatre Wednesday 12th and 26th August 10.30am-12pm

Tai Chi Fenham Every Monday 11am-12pm, Far Community Centre, Acanthus Ave. NE4 9YD. **NOT ON 3rd and 10th August**

Carer Connection Group: 1st Thursday of every month 1pm- 3pm. A monthly support group with Admiral Nurses for friends and family supporting someone living with Dementia. The Innovation Hub (Ground Floor), 1 Strawberry Lane, Newcastle upon Tyne, NE14BX. No pre-booking is needed.

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

Card Making Tuesday 4th and 18th August, 1pm. St James Church, Benwell Ln, NE15 6RS, £3

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

Craft and Cake Monday 10th August, 1pm Search Pop-in centre, Adelaide Terrace

Outer West Summer Evening Social:

Thursday 20th August 6pm till 8pm at the Westerhope Institute NE15 1NE. £5 per person, BOOKING & PAYING in advance ESSENTIAL. Food allergies etc MUST BE MENTIONED at time of booking and paying. Buffet, music and raffle. Book and pay in person at a group or over the phone (0191) 273 7443

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

Walking groups: Various Thursdays, 10.30am but please arrive at 10.20am. Please wear appropriate outdoor clothing and footwear for up to 3 miles of walking. Next walk, Thursday 27th August at Newburn, meet outside the sports centre.

Throckley Lunch Club Thursdays, 12pm-1pm, Throckley Community Hall, NE15 9EL. Suggested donation £2. Have some homecooked food, share friendly chatter with a lovely bunch of people, as well as signposting from Search staff. NOT ON Thursday 27th August due to elections.

Listening Lunch: Thursday 13th August 12pm-1pm at the Throckley lunch club. Have your say about Search groups in the Outer West. Fill in a feedback questionnaire whilst enjoying some fresh homemade soup.

Friendship Groups:

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

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

NEW! Memory Tea Every Wednesday
10.30am-12pm, Robert Stewart memorial
hall. Dementia friendly activities and advice.

Knit and Natter Mondays 10am-12pm.
Throckley Community Hall, NE15 9EL. NOT
ON bank holiday 31st August

Strictly Ballroom Mondays 1pm-2pm.
Westerhope Institute, NE5 1NE. £3. NOT ON
bank holiday 31st August

Absolute Beginners Line Dancing
Tuesdays, 11:45am – 12:45pm. Denton Burn
Community Association NE5 2UQ, £3 **NOT**
ON 11th and 19th August

Line Dancing Improvers
Tuesdays 10.30am-11.30am, Denton Burn
community association. £3 **NOT ON** 11th and
19th August

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 **NOT ON** 13th and
20th August

Mens heritage and wellbeing group
Wednesdays 12th and 26th August, 10.30am-
12pm. Carnegie building, Atkinson Road.

Mens Creative Group Friday 7th and 21st,
10am-12pm. John Marley centre, Muscott
Grove, NE15 6TT

Monthly Tea Dance 3rd Thursday of each
month. 1pm-2.30pm, Throckley Community
Hall, NE15 9EL. £3. Thursday 20th August.

***NEW* Museum Socials:** Friday 28th August,
10:30am at the Laing Art Gallery - a participant
is showcasing his photos from when he was a
town planner in the 1960s/70s Newcastle.

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, 6th and 20th August,
Throckley Community Hall, NE15 9EL
THURSDAY 2-4PM, 13th and 27th August, Fawdon
Community Centre, NE3 2PL

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