

September Activity Bulletin



International Day of Older People, Pride In Place Afternoon Tea Thursday 1st October, 1.30pm-3.30pm. West End Women and Girls. (Doors will not open until 1.30pm). Booking Essential. Enjoy afternoon Tea, Entertainment and Dancing and tell us what is important to you in Elswick.

NEW! Easy Walks Very gentle walk lasting a maximum of 30 minutes at a slow pace.

Thursday 10th September 1pm, Nunsmoor Park. Meet at the entrance of park

Wednesday 30th September 11am, Scotswood Garden. Meet outside the garden building with the black shutters, postcode NE15 6TU. Access carpark via Yewcroft Avenue.

Singing for your Brain Patchwork

Wednesday 2nd September, 10am-11.30am.

Patchwork Project, 83 Adelaide Terrace, NE4 8BB.

Singing for you Brain Cruddas Park

Wednesday 16th September, 11.30am-12.30pm. Cruddas Park Surgery, Westmorland Road

Knit and Natter Tyne Theatre

Wednesday 9th and 23rd September 10.30am-12pm

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

Cruddas Park Hub Coffee Afternoon

Mondays 1.30pm-3.30pm Cruddas Park Surgery. Not on 7th September

Wellbeing Friendship Circles

Kenton - Every Tuesday - Kenton Library, 12pm-1:30pm

Benwell - Every Wednesday - West End Library, 10am-11.15am

Mindfulness for Wellbeing Group:

Thursday 3rd September - Walk in Exhibition Park - Meeting Point Claremont Road Entrance for Exhibition Park - near the skate park.

Thursday 17th September - Origami taster session - Newcastle City Library, 4th Floor.

Thursdays - 1pm-4pm - Benwell Pop-in-Centre Friendship group (tea, coffee and conversation)

Gentle Seated Exercise Mondays starting 7th Sept, 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.

Men's Local Heritage Group

Wednesday 9 September, 10.30am-12pm.

Guided walk, meet at the corner of West Road and Condercum Road. 23rd September 10.30am-12.30pm, Library room, Carnegie building, Atkinson Road, Benwell.

Men's Creative Group Friday 18 September

Craft and Cake Monday 14th September, 1pm Search Pop-in centre, Adelaide Terrace

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

Walking groups: Various Thursdays in different locations, 10.30am but please arrive at 10.20am. Wear appropriate outdoor clothing and footwear and be confident in your fitness to walk up to 3 miles. Thursday 17th September, Westerhope Institute.

Throckley lunch club (as part of the Throckley Health Hub): 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.

Monthly Tea Dance 3rd Thursday of each month. 17th September, 1pm-2.30pm. Throckley Community Hall, NE15 9EL. £3

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

Museum Socials: Friday 25th Sep, 10.30am-12pm - South Shields Museum - Pierre Mignard's The Marquise de Seignelay.

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

Card Making Tuesday 8th and 22nd September 1pm. St James Church, Benwell Ln, NE15 6RS, £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, 10th and 24th September, Throckley Community Hall, NE15 9EL

THURSDAY 2-4PM, 3rd and 17th September, Fawdon Community Centre, NE3 2PL

Energy Advice - Please Contact Search on 0191 2737443