

October Activity Bulletin



Halloween Evening Social Live music, bar, bingo and food. Monday 19th October, 6pm-9pm, Springbank Social Club, Condercum Road. Booking essential. Please do not arrive early as the club will not be open. £3

Easy Walks Gentle walks lasting no longer than 30 minutes.

Thursday 8th October 12.30pm Denton Burn, meet at Denton Burn library.

Thursday 22nd October 1pm, Meet at entrance of Nunsmoor Park.

Singing for your Brain Patchwork

Wednesday 7th October, 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 21st October, 10.30am-12.30pm

Knit and Natter Tyne Theatre Wednesday 14th and 28th October, 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 5th and 29th October, 1pm. St James Church, Benwell Ln, NE15 6RS, £3

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

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

Gentle Seated Exercise Mondays 11am-12pm. West Denton Church, NE5 1BN: £3. NOT ON Mon 26th October.

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

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

Walking Groups: Various Thursdays in different locations, 10.30am but please arrive at 10.20am. Please wear appropriate outdoor clothing and footwear and be confident in your fitness to complete up to 3 miles of walking. Thursday 15th October, at the Lemington Centre.

Throckley lunch club (as part of the Throckley Health Hub): Thursdays, 12pm-1pm. Throckley Community Hall, NE15 9EL. Suggested donation £2.

Monthly Tea Dance 3rd Thursday of the month, 1pm-2.30pm. Throckley Community Hall, NE15 9EL. £3. Thursday 15th October.

Museum Socials: Friday 30th Oct 10.30am till 12pm - Discovery Museum – “Shopping in the past.”

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

Friendship Groups:

Every Tues 12:00-13:30 Friendship Group -
Kenton Library

Every Wed 10:30-11:45 Friendship Group -
Benwell Library

Every Thurs 1pm-4pm - Friendship Group -
PIC Benwell.

Thurs 1st October 10:30-12pm - Mindfulness
Through Wellbeing Group - Seated Yoga
Taster - Newcastle City Library.

Thurs 15th October 10:30-12pm - Mindfulness
Through Wellbeing Group - Reiki Taster -
Newcastle City Library.

Thurs 29th October - Please phone Search for
details of this session.

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

Absolute Beginners Line Dancing

Thursdays 6pm Denton Burn Community
Association NE5 2UQ. £3

Mens heritage and wellbeing group

Wednesdays 7th and 21st October, 10.30am-
12pm. Carnegie building, Atkinson Road.

The Bench

"Search invites you to a listening event and
celebration party for "The Bench", a 30-
minute audio drama written and performed
by two Search men: David and Graham from
the Creative Men's Group. Friday 2nd
October, 10am–12pm

Beyond Vinyl Records room, John Marley
Centre, Muscott Grove, Scotswood,
Newcastle upon Tyne, NE15 6TT

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.

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

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, 1st, 15th and 29th
October, Throckley Community Hall, NE15
9EL

THURSDAY 2-4PM, 8th and 22nd October,
Fawdon Community Centre, NE3 2PL

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