

WHAT'S ON IN THE INNER WEST?

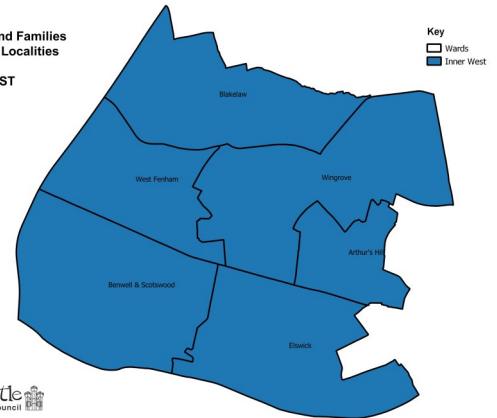
Spring Programme
2023



Children and Families
Newcastle Localities

INNER WEST

Newcastle
City Council



Your Community Family Offer

Your local community hubs offer vibrant and social spaces. The community hubs are a central point for accessing a wide variety of activities, events, and support services. The hubs are a space for your family to take ownership of how they access support.

What to expect

This is a guide of all the weekly events and activities in Children & Families Newcastle Inner West Locality.

Contact Us:

- Call Nunsmoor Centre on 0191 277 4400 (Monday to Friday 8.30am - 4.30pm or
- Call Carnegie Building on 0191 226 0754 (Monday to Friday 9.00am - 4.00pm)
- Email newcastleinnerwestenquiries@newcastle.gov.uk

Where are we?

We welcome families across the city. The Community Hubs, at the Cowgate Centre and the Carnegie Building are closest to:

- Arthur's Hill
- Benwell and Scotswood
- Blakelaw
- Elswick
- West Fenham
- Wingrove

Or come to Nunsmoor, Families Matter, Wesley House and the Health Resource Centre



Find us on
Facebook

Search Community Family Hub Inner West
or scan the QR code:



Monday

Time	Activity	Venue	£ / TT
9.30am - 11.00am	Healthworks: Cook Play and Learn Family fun sessions for children 0-5 and their parents and carers.	Nunsmoor Centre NE4 5AH	TT
9.30am - 11.30am	St Roberts Carers and Toddler Group Open to all children. Supported by NAPI	Corner of Cedar Road Bolbec Road NE4 9PH	£ TT
9.30am - 12.30am	Staff Nurse Baby Clinics Appointments only, please book via your health visitor or phone: 0191 282 3319	Nunsmoor Centre NE4 5AH	*
10.00am- 11.00am	First Words Together For children ages 0-2. A 5 week course to enjoy exploring rhymes, stories and games to play. Booking is essential. To book a place, please contact jade@riversidechp.co.uk	Riverside Community Health Project NE4 8XS	*
10.00am- 11.30am	Turtle Childcare Parent and Toddler Group Welcoming and friendly group, open to every child under 5 Supported by NAPI	Denton Burn Community Association NE5 2UQ	£ TT
10.00am- 11.30am	Healthworks: Breastfeeding Social Group Drop in session For more information please text or call 07826 531575 or visit Breastfeeding Mams Newcastle on Facebook	Health Resource Centre NE4 8BE	TT
10.30am- 11.30am	Children North East: Boogie Bairns Music and sensory exploration for children under 2. Booking required, please ring 0191 272 7824 or email: families.admin@children-ne.org.uk	Cowgate Centre NE5 3UT	TT
11.30am- 12.30pm	NUFC Adult: Badminton	NUCASTLE Diana Street NE4 6BQ	*
1.00pm- 2.30pm	Early Explorers Outdoor garden activities for children aged 0-4 years living in Newcastle. Supported by NAPI	Scotswood Gardens NE15 6TT	

£ a small fee applies

TT Term Time only

* booking required

Monday Continued

Time	Activity	Venue	£ / TT
1.00pm-2.30pm	Toddle Time A fun filled play session for 1-3 year old's	Riverside Community Health Project NE4 8XS	TT
3.00pm-5.00pm	Children North East: Preparing for Baby Antenatal class for expectant parents. Referral only via your midwife.	Cowgate Centre NE5 3UT	*
4.00pm-5.00pm	NUFC Children: Indoor Multi-sports Free sessions open to children 8 - 11	NUCASTLE Diana Street NE4 6BQ	*
4.00pm-6.00pm	Children North East: Allotment Session Under 16s session and Over 16s Session. Please ring 0191 273 3997 for dates and to book.	Children North East Young People Service NE4 6UJ	TT *
4.00pm-6.00pm	Children North East: Young Person Group Emotional well-being group for 9-18 year old's. To express an interest, please ring Danielle Burrow on 0191 273 3997	Cowgate Centre NE5 3UT	*
4.30pm-6.30pm	Girls Club Make a Noise For girls aged 8-13 years. Play music, sing, mc, learn an instrument.	West End Women and Girls NE4 6SQ	

Tuesday

Time	Activity	Venue	£/ TT
9.00am-11.00am	Kelly's Parent and Toddler Group Welcoming and friendly group, open to every child under 5. Supported by NAPI	Denton Burn Methodist Church NE15 7ER	£
9.00am-11.30am	Holycross Parent and Toddler Group Welcoming and friendly group, open to every child under 5. Supported by NAPI	Holy Cross Church NE5 2SA	£ TT

£ a small fee applies

TT Term Time only

* booking required

Tuesday Continued

Time	Activity	Venue	£/ TT
9.00am-4.00pm	Self-weigh Clinic Come along and weigh your baby. No need to book an appointment. Please note this is self-service and there will not be a Health Visitor in attendance at the venue.	Families Matter NE5 3PL	
9.30am-11.00am	Kindful Kids Parent and Toddler Group A fun session for parents/carers with children aged 0 - 5. Supported by NAPI	Corner Stones NE4 7TU	TT
9.30am-11.00am	Children North East: Stay and Play for under 3's A fun filled session including sensory activities. A great opportunity to meet other local families	Cowgate Centre NE5 3UT	TT
9.30am-12.15pm	Staff Nurse Baby Clinics Appointment only, please book via your health visitor or phone: 0191 282 3319	Riverside Community Health Project NE4 8XS	*
9.30am-12.30pm	Community Nursery Nurse Development Checks Appointment only, please book via your health visitor or phone: 0191 282 3319	Health Resource Centre NE5 3PL	*
10.30am-11.30am	Healthworks: Cook, Play and Learn Family fun sessions for children 0-5 and their parents and carers.	Health Resource Centre NE4 8BE	TT *
10.30am-11.30am	My Baby and Me For babies 0-12months. Floor based play and interaction to promote building secure attachment	Riverside Community Health Project NE4 8XS	TT
1.00pm-2.00pm	Virtual Breastfeeding Group Follow Breastfeeding Mams Newcastle on Facebook or contact 07826 531575 for the link.	Healthworks on Zoom	
1.00pm - 2.00pm	Nursery Nurse Workshops Support Sessions around Starting Solids and Toileting. Book via Health Visiting Team: 0191 282 3319	Health Resource Centre NE4 8BE	*

£ a small fee applies

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* booking required

Tuesday Continued

Time	Activity	Venue	£/ TT
1.00pm - 2.00pm	Nursery Nurse Workshops Support Sessions around Starting Solids and Toileting. Book via Health Visiting Team: 0191 282 3319	Health Resource Centre NE4 8BE	*
1.00pm - 2.30pm	Children North East: Baby Massage Baby Massage sessions for parents/ carers of babies between 6 weeks and crawling. Booking required, please ring 0191 272 7824 or email families.admin@children-ne.org.uk	Cowgate Centre NE5 3UT	*
1.00pm - 4.00pm	Community Nursery Nurse Development Checks Appointment only, please book via your health visitor or phone: 0191 282 3319	Families Matter NE5 3PL	*
3.00pm-4.00pm	NUFC Adult: Indoor Football Free session for all adults ages 18+ Booking required, for more information	NUCASTLE Diana Street NE4 6BQ	*
4.00pm-5.00pm	NUFC Children: Indoor Football	NUCASTLE Diana Street NE4 6BQ	*
4.00pm-5.00pm	NUFC Children: Gaming	NUCASTLE Diana Street NE4 6BQ	*
5.00pm - 7.00pm	Tuesday Club For 5-11 year old girls. For more information, please contact: 0191 273 4942	West End Women and Girls NE4 6SQ	TT
5.00pm - 7.00pm	Teenage Safe 4 Life For girls aged 11-18 years. Domestic abuse recovery course supporting victims and survivors on their journey to safety. For more information and to book a space, please contact: 0191 273 4942	West End Women and Girls NE4 6SQ	*

£ a small fee applies

TT Term Time only

* booking required

Wednesday

Time	Activity	Venue	£ / TT
9.00am-3.00pm <i>Monthly</i>	NE Autism Support Hubs: One to One Appointments and Workshop The workshops are held from 10am-12pm. Appointments must be booked, please contact 0191 410 9974 or email kerrie.highcock@ne-as.org.uk	Nunsmoor Centre NE4 5AH	*
9.30am-12.30pm	Staff Nurse Baby Clinics Appointment only, please book via your health visitor or phone: 0191 282 3319	Cowgate Centre NE5 3UT	*
9.30am-11.00am	Children North East: Sensory Play Help your baby or toddler develop whilst exploring, socializing and learning about the world around them. Booking required, please ring 0191 272 7824 or email families.admin@children-ne.org.uk	Cowgate Centre NE5 3UT	*
10.00am-11.00am	Healthworks: Boogie Bairns Fun music and movement session for children under 2.	Health Resource Centre NE4 8BE	TT
10.00am-12.00pm	Healthworks: Food and Fuel	Riverside Community Health Project NE4 8XS	
10.00am-1.30pm	Community Nursery Nurse Development Checks Appointments only, please book via your health visitor or phone 0191 282 3319	Nunsmoor Centre NE4 5AH	*
1.00pm-2.30pm <i>Fort-nightly</i>	Rainbow Borrowers Toy loan service. Sessions dedicated to children with additional needs, and their families. For more information please call: 0191 265 6158 . Supported by NAPI	Health Resource Centre NE4 8BE	TT
1.00pm-2.30pm	Healthworks: Baby Touch For non-mobile babies. To book a space, please contact: 0191 264 1959	Health Resource Centre NE4 8BE	*

£ a small fee applies

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Wednesday Continued

Time	Activity	Venue	£/ TT
2.15pm- 2.45pm	NUFC Adult: Studio Cycling	NUCASTLE Diana Street NE4 6BQ	*
4.00pm- 6.00pm	Cook it! Grow it! For girls aged 8-13 years. Come along to learn new recipes, how to grow things, ride bikes, play games and make new friends.	West End Women and Girls NE4 6SQ	

Thursday

Time	Activity	Venue	£/ TT
9.00am- 11.00am	Kelly's Parent and Toddler Group Welcoming and friendly group, open to every child under 5. Supported by NAPI	Denton Burn Methodist Church NE15 7ER	£
9.15am- 10.30am	Breakfast Stay and Play A fun filled play session with a free healthy breakfast included for 6 months - 4 years	Riverside Community Health Project NE4 8XS	TT
9.15am- 12.15pm	Community Nursery Nurse Development Clinic Appointments only, please book via your health visitor or phone 0191 282 3319	Riverside Community Health Project NE4 8XS	*
9.30am- 11.00am	Children North East: Stay and Play for under 3's A fun filled session including sensory activities. A great opportunity to meet other local families	Cowgate Centre NE5 3UT	TT
9.30am- 11.30am	Nunsmoor Parent and Toddler Group Welcoming and friendly group, open to every child under 5. Supported by NAPI	Nunsmoor Centre NE5 4AH	£ TT
10.00am- 11.30am	Healthworks: Baby Sensory For children under age 1. Engage your child's senses, in this fun and interactive session.	Health Resource Centre NE4 8BE	

£ a small fee applies

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Thursday continued

Time	Activity	Venue	£/ TT
10.30am-12.00pm	Precious Toddlers Supported by NAPI	Newcastle Apostolic Church NE4 5NP	£ TT
11.00am-12.00pm	Children North East: First Words Together A short play session for under 2's to learn to talk and communicate. All children get 5 free toddler books. Booking required, please ring 0191 272 7824 or email: families.admin@children-ne.org.uk	Cowgate Centre NE5 3UT	*
11.30am-12.30pm	NUFC Adult: Badminton	NUCASTLE Diana Street NE4 6BQ	*
11.30am-1.30pm	Toy Library Drop In New toys and games. Suitable for babies and toddlers	Nunsmoor Centre NE4 5AH	£ TT
12.30pm-4.00pm	Staff Nurse Baby Clinics Appointments only, please book via your health visitor or phone 0191 282 3319	Riverside Community Health Project NE4 8XS	*
1.00pm-2.00pm	Boogie Bairns A fun filled musical session with songs and rhymes. Suitable for 8 weeks - 2 years	Riverside Community Health Project NE4 8XS	TT
4.00pm-5.00pm	NUFC Children: Indoor Multi-Sports	NUCASTLE Diana Street NE4 6BQ	*
4.00pm-5.30pm	Inspire Youth: Junior Youth Club Ages 5-12 For more information, contact enquiries@inspireyouthtw.org	Robert Stewart Memorial United Reform Church NE4 9BU	TT
5.30pm-7.30pm	Older Girls Group For girls aged 13-19 years. Come and have a frisk, smash the patriarchy and make new friends	West End Women and Girls NE4 6SQ	

£ a small fee applies

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* booking required

Thursday continued

Time	Activity	Venue	£/ TT
6.30pm-8.00pm	Inspire Youth: Girls Group Ages 11-16. For more information, contact enquiries@inspireyouthtw.org	Clarewood Community House NE4 5HX	TT

Friday

Time	Activity	Venue	£ / TT
9.00am-10.45am	Broadwood Toddlers Welcoming and friendly group, open to every child under 5. Supported by NAPI	Broadwood Primary School NE15 7TB	£ TT
9.30am-11.30am	St Roberts Carers and Toddlers Group Welcoming and friendly group, open to every child under 5. Supported by NAPI	Corner of Cedar Road Bolbec Road NE4 9PH	£ TT
9.30am-12.30pm	Community Nursery Nurse Development Clinic Appointments only, please book via your health visitor or phone 0191 282 3319	Nunsmoor Centre NE5 4AH	*
10.00am-11.30am	Healthworks: Story and Snack A Themed Story Box Session Including making a snack. For children 0-5 and their parents/carers	Health Resource Centre NE4 8BE	TT
10.00am-12.00pm	Al-Ihsan Baby and Toddler Group Fun and friendly group for children aged 0 - 5 with an Islamic flavour in a safe environment. Enjoy storytime, sing along and a healthy snack for all children. <i>Women Only Group.</i>	Nunsmoor Centre NE5 4AH	£ TT
10.15am-11.45am	Westgate Baptist Church Welcoming and friendly group, open to every child under 5. Supported by NAPI	Westgate Baptist Church NE4 6NX	
3.00pm-4.00pm	NUFC Adult: Indoor Football	NUCASTLE Diana Street NE4 6BQ	*

£ a small fee applies

TT Term Time only

* booking required

Friday Continued

Time	Activity	Venue	£/TT
4.00pm-5.00pm	NUFC Children: Indoor Football	NUCASTLE Diana Street NE4 6BQ	*
4.00pm-5.00pm	NUFC Children: Gaming	NUCASTLE Diana Street NE4 6BQ	*
4.00pm-5.30pm (Under 16s) 5.30pm-7.00pm (Over 16s)	Children North East: Masquer-aid A peer support group for people who have recently found out they are neurodivergent, or are waiting for diagnosis. Referral only. For further information please contact on: 07702 560950 or email: rhoda.marrows@children-ne.org.uk	Children North East Young People Service NE4 6UJ	*

Saturday

Time	Activity	Venue	£ / TT
9.45am-10.30am	Jellyfish and Bees @ St J's & B's Booking required, please contact NAPI on: 0191 265 6158	St James and St Basils Church NE4 9EJ	£
10.00am-11.30am	Healthworks: Cook, Play and Learn Fun family session for children 0-8 years and their parents and carers.	Health Resource Centre NE4 8BE	

Sunday

Time	Activity	Venue	£/TT
12.00pm-3.00pm	Nunsmoor Trust: Weekend Play All inclusive play session for families with a variety of different activities. Under 8s must be accompanied by an adult, over 8s can attend without an adult.	Nunsmoor Centre NE4 5AH	

£ a small fee applies

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Action for Children: Parenting Groupwork Programmes

Aims of the Group	Who's it for?	No. of Sessions
<p>No Frills Parenting</p> <p>Down to earth, straight talking parenting tips and tools to support positive parenting.</p>	<p>Parents/carers who need support around behaviour or to gain more confidence in their parenting skills.</p> <p><i>Creche dependent on need</i></p>	<p>3 weekly Sessions</p>
<p>Women's Wellbeing</p> <p>To improve the emotional, health and wellbeing through use of creative activities to build self-confidence and self-esteem. Providing strategies that women can use to improve their own emotional wellbeing.</p>	<p>Women who are isolated, struggling with their emotional health or wanting to build confidence and make friends.</p> <p><i>Creche dependent on need</i></p>	<p>6-8 sessions (dependent upon progress)</p>
<p>Parent on the Ball</p> <p>To promote healthy life choices within families and to help parents gain confidence in their parenting role in a fun and interactive way, including physical activity and games that they can share at home with their children. Parents will be expected to take part in physical activity each week.</p>	<p>Parents/carers who have children aged 0-19</p> <p><i>Creche Available</i></p>	<p>10 week programme</p>
<p>Decider (Young People)</p> <p>Decider Skills is about 'big emotions' and knowing how to deal with them.</p> <p>The Decider Skills use CBT and DBT (cognitive and dialectical behaviour therapy) skills to teach children, young people to recognise and manage thoughts, feelings, and behaviour.</p>	<p>Young People will be grouped depending on their age.</p> <p>Individual and Groupwork</p> <p><i>Creche available</i></p>	<p>Individual: 4-6 sessions</p> <p>Groupwork: 6 weekly Sessions</p>

Aims of the Group	Who's it for?	No. of Sessions
<p>Solihull Parenting (Virtual & Face to face Group)</p> <p>To help parents and carers identify the most important issues in their relationship and reflect on why things sometimes go well and sometimes do not, so that families can work together to strengthen relationships and parents gain confidence in effective parenting.</p>	<p>Parents/carers who have children aged 0-19</p> <p><i>Creche Available</i></p>	<p>10 sessions (2 hours)</p>
<p>Family Club</p> <p>Work with parents and their children together in a safe, friendly environment where they can join in a structured activities that encourage positive family relationships.</p>	<p>Families (This is a group where parent/s must attend with their child/children)</p> <p><i>No Creche</i></p>	<p>6 weekly Sessions</p>

For more information or to book:

Email: responsivegroups@actionforchildren.org.uk

Children North East: Parenting Groupwork Programmes

Aims of the Group	Who's it for?	No. of Sessions
<p>Preparing for Baby</p> <p>6 sessions to get you prepared for the new arrival and for the journey ahead. Topics such as childbirth expectations, staying healthy, breastfeeding, bathing etc</p>	<p>Parents to be</p>	<p>6 sessions</p>

Please note, the information in these pages was up to date when published but may be subject to change. Please keep checking our Facebook page!

Children North East: Parenting Groupwork Programmes

Aims of the Group	Who's it for?	No. of Sessions
<p>Ways to Wellbeing</p> <p>To help support parents to better understand children and young people's emotional development and how best to respond to concerns about their mental health and wellbeing. The program will be delivered in two, two hour sessions at various accessible locations. We will offer resources and guidance for those wishing to understand more about emotional wellbeing and how that relates to their children.</p>	<p>Parents and Carers of children 0-19</p>	<p>2 sessions (2 hours)</p>
<p>Think Teens</p> <p>Think Teens is a programme aimed at parents who are experiencing challenges in dealing with the behaviour of their children as they approach the teen years or who may already be a teenager. The programme aims to help parents and carers to look at the issues facing teens today and to learn how to develop positive relationships to support them.</p>	<p>Parents/carers of children aged 11-19 years.</p>	<p>8 sessions (2 hours)</p>
<p>Babies Here</p> <p>Individual workshops covering useful topics relating to your child in their early years such as supporting baby's brain development, home safety, play and managing behaviour. Each session is followed by 30 minutes of play.</p>	<p>New parents of children aged 0-3 years</p>	<p>10 sessions</p>

Aims of the Group	Who's it for?	No. of Sessions
<p>Super Dads, Super Kids</p> <p>To help support male caregivers and their children explore child development, communication, positive relationships and routines and boundaries through positive play and physical activities. Get to know your child and have fun.</p>	<p>Male parents/carers of children aged 0 -3 years.</p>	<p>6 sessions (2 hours)</p>

For more information or to book:

Contact us

- Phone: 0191 272 7824
- Email: families.admin@children-ne.org.uk

What else is available?

Activities

To find out what else is on offer across Newcastle for you and your family, go to: www.newcastlesupportdirectory.org.uk Choose 'Whats On' and put in your postcode to find activities near you.

Adult Learning

We offer a variety of informal and accredited courses. To find more or to book a place phone **0191 277 7800**

Childcare for 2, 3 and 4 year olds

You may be entitled to 15 hours free early education for your 2 year old. If you are a working parent you may be eligible for up to 30 hours free childcare. For more information and to check eligibility phone **0191 277 7800** or go to: www.newcastle.gov.uk/free-childcare

Parenting

We deliver a number of courses to support your parenting needs, from a 3 week basic course to a longer 10 week programme. For more information email: responsivegroups@actionforchildren.org.uk. Also available is Parent Talk, online support for Parents from Action for Children. Go to: <https://parents.actionforchildren.org.uk>

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What else is available?

SEND

For information, advice and support for children and young people with Special Educational Needs or Disabilities (SEND) please use our Local Offer website:

www.newcastlesupportdirectory.org.uk/i-am-child-young-person-local-offer

Support for your family

Sometimes families need some extra support, and we can help you find the help you need. If you need support for your family please visit our Early Help pages at :

<https://newcastle.gov.uk/services/care-and-support/children/help-children-and-families>

Inner West Partners and Venues

Organisation	Address
Nunsmoor Centre 0191 277 4400	Studley Terrace Fenham Newcastle upon Tyne NE4 5AH newcastleinnerwestenquiries@newcastle.gov.uk
Riverside Community Health Project 0191 226 0754	Carnegie House Atkinson Road Newcastle upon Tyne NE4 8XS www.riversidechp.co.uk all@riversidechp.co.uk
Healthworks Health Resource Centre 0191 272 4244	Heath Resource Centre Adelaide Terrace Benwell Newcastle upon Tyne NE4 8BE enquires@hwn.org.uk www.healthworksnewcastle.org.uk
Newcastle Action for Parent and Toddler Group Initiative (NAPI) 0191 265 6158	Heaton Community Centre Trewitt Road Newcastle upon Tyne NE6 5DY admin@napi.org.uk www.napi.org.uk

Inner West Partners and Venues

Organisation	Address
<p>Inspire Youth Tyne and Wear</p> <p>0191 264 1959</p>	<p>The Lemington Centre Tyne View Newcastle upon Tyne NE15 8RZ</p> <p>enquiries@inspireyouthtw.org www.inspireyouthtw.org</p>
<p>Children North East Young People Service</p> <p>0191 273 3997</p>	<p>4 Graingerville North Westgate Road Newcastle upon Tyne NE4 6UJ</p>
<p>Children North East The Cowgate Centre</p> <p>0191 272 7824</p>	<p>Cowgate Centre Houghton Avenue Newcastle upon Tyne NE5 3UT</p> <p>families.admin@children-ne.org.uk www.children-ne.org.uk</p>
<p>Action For Children</p> <p>0191 272 4990</p>	<p>Wesley House Bond Court Newcastle upon Tyne NE4 8BA</p> <p>www.actionforchildren.org.uk/</p>
<p>West End Women and Girls</p> <p>0191 273 4942</p>	<p>173 Elswick Road Newcastle upon Tyne NE4 6SQ</p> <p>www.westendwomenandgirls.co.uk</p>
<p>North Benwell Youth Project</p> <p>0191 298 3201</p>	<p>80-84 Ellesmere Road Newcastle upon Tyne NE4 8TS</p> <p>nbyp1000@btconnect.com www.northbenwellyouthproject.co.uk</p>
<p>Families Matter Blakelaw</p> <p>0191 214 2460</p>	<p>Sure Start Families Matter Lindfield Avenue Newcastle upon Tyne NE5 3PL</p>

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