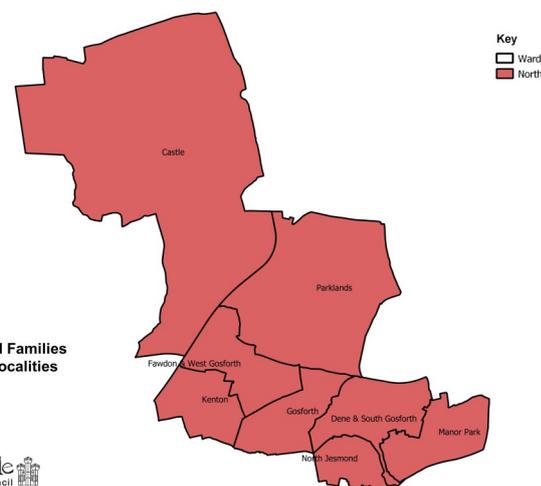


# WHAT'S ON IN THE NORTH?

## Spring 2023



**children & families**  
NEWCASTLE



Children and Families  
Newcastle Localities  
NORTH

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 you access support.

## What to expect

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

### To contact the North hub:

- Call [0191 211 5773](tel:01912115773) (Monday to Friday, 8.30am to 4.30pm)
- Email [newcastlenorthenquiries@newcastle.gov.uk](mailto:newcastlenorthenquiries@newcastle.gov.uk)

## Where are we?

We welcome families across the city. Our North community hubs, at Fawdon Children's Centre and Gosforth Library, are closest to

- Castle
- Dene and South Gosforth
- Fawdon and West Gosforth
- Gosforth
- Kerton
- Manor Park
- North Jesmond
- Parklands



Find us on  
**Facebook**

Search for Children and Families Newcastle North or scan the QR code:



## Monday

Time	Activity	Venue	£ / TT
9.30am-11.00am	<b>Parent and Toddler Group</b> Open to all children under 4 Supported by NAPI	Sacred Heart RC Church NE3 5EB	£ TT
9.00am-12.00pm	<b>Tots on Mondays</b> Welcoming and friendly group for all children under 5 Supported by NAPI	Church of Ascension NE3 4UN	£ TT
9.30am-11.00am	<b>Little Bears Parent and Toddler Group</b> Welcoming and friendly group for all children under 5. Supported by NAPI	Fawdon Children's Centre NE3 2SN	£ TT
9.30am-11.30am	<b>Trinity Toddlers</b> Welcoming group open to all children under 5 Supported by NAPI	Trinity Church NE3 4AG	£ TT
9.45am-11.45am	<b>Brunton Babies</b> Welcoming group for babies under 1 ( <i>who are not walking yet</i> ) Supported by NAPI	St Aidan's Church NE3 5NF	£ TT
9.30am-11.00am	<b>Coffee and Craft Coffee Morning</b> Come and join us for free coffee	The Haven Mountfield School NE3 3RX	
10.00am - 12.00pm	<b>Newcastle Carers Drop in</b> Drop in session for carers who may need information or support or advice	Gosforth Library NE3 3HD	
10.00am - 2.00pm 13/01/23 20/01/23	<b>Positive Behavior Support Workshops</b> For Families who have a child with a learning disability and/or who are autistic Please contact Jillian at Skills for People on <b>0191 2818737</b>	Gosforth Library NE3 3HD	

£ a small fee applies

TT Term Time only

\* booking required

## Tuesday

Time	Activity	Venue	£ / TT
9.30am-11.30am	<b>Come and Play</b> A welcoming and friendly group for all children under 5 Supported By NAPI	St Hugh's Church Hall NE3 3HS	£ TT
9.45am-11.30am	<b>Brunton Park Parent and Toddler Group</b> Open to all children under 5 Supported by NAPI	St Aidan's Community Centre NE3 5NF	£ TT
1.00pm-2.30pm	<b>Little Saints Toddler Group</b> Welcoming group open to all children under 5 Supported by NAPI	All Saints Church NE3 4ES	£ TT
10.00am-11.30pm	<b>EdgeField Gosforth Hall Toddlers</b> Open to all children under 5 Supported by NAPI	Edgefield Avenue NE3 3AB	£ TT
10.00am-12.00pm	<b>Citizens Advice Drop-in Session</b> Information, advice and guidance	The Haven Halewood Avenue NE3 3RX	
3.30pm-6.00pm	<b>Warm Space</b> A warm space to enjoy or relax with food, arts, crafts and games for families	The Haven Halewood Avenue NE3 3RX	

£ a small fee applies

TT Term Time only

\* booking required

## Wednesday

Time	Activity	Venue	£ / TT
9.00am-3.00pm  <b>Monthly</b>	<b>Autism Hub: Workshops and one to one appointments</b> For more information call Kerrie Highcock on: <b>0191 410 9974</b> or email: <b>kerrie.highcock@ne-as.org.uk</b>	Fawdon Children's Centre NE3 2SN	<b>*</b>
9.30am-11.30am	<b>Trinity Toddlers</b> Welcoming group open to all children under 5. Supported by NAPI	Trinity Church NE3 4AG	<b>£ TT</b>
10.00am-11.30am	<b>Mini Notes Music</b> Welcoming group open to all children under 5. Supported by NAPI	Edgefield Avenue Fawdon NE3 3AB	<b>£ TT</b>
1.00pm-4.00pm	<b>Health Visitor Baby Clinic</b> Appointment only, please book via your health visitor or phone: <b>0191 282 3319</b>	Gosforth Library NE3 3HD	<b>*</b>
9.15am-10.45am	<b>Little Fishes</b> Welcoming group open to all children under 5. Supported by NAPI	St Georges URC NE7 7HP	<b>£ TT</b>

Various Days and Times	The Owl Tree Childrens Café Themed and sensory play sessions Funded spaces are available for more information go to <a href="http://www.theowltreechildrenscafe.com">www.theowltreechildrenscafe.com</a> or call 07536 0960607	Redhouse Farm JFC on Kingston Park Road NE3 2HY	
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## Thursday

Time	Activity	Venue	£ / TT
9.45am-11.30am	<b>Brunton Park Parent and Toddler Group</b> Open to all children under 5. Supported by NAPI	St Aidan's Community Centre NE3 5NF	£ TT
9.00am-12.00pm	<b>Tobacco Dependency Treatment Service</b> Help available to stop smoking in pregnancy	Fawdon Children's Centre NE3 2SN	
10.00am-11.30am	<b>Healthworks: Sensory Baby</b> Activities for babies 0-12 months to engage your child's senses in fun and interactive session. Supported by NAPI	Fawdon Children's Centre NE3 2SN	TT
10.00am-11.30am	<b>Oaks and Acorns Grandparents Group</b> Warm and welcoming group for grandparents to meet whilst their grandchildren play. Supported by NAPI <b><i>Runs fortnightly (every 2 weeks)</i></b>	Regent Chapel NE3 3HD	
<i>Monthly</i>	<b>Rainbows Borrowers</b> Supported by NAPI. Free toy loan service and play session for children under 5 with additional needs and their families. <b><i>Please ring 0191 265 6158 for more details.</i></b>	The Haven Halewood Avenue NE3 3RX	TT
10.00am-12.00pm	<b>Solihull Parenting</b> 10 week course to help strengthen relationships and gain confidence in effective parenting. <b><i>Starting January 2023</i></b>	The Haven Halewood Avenue NE3 3RX	TT *

£ a small fee applies

TT Term Time only

\* booking required

## Thursday continued

Time	Activity	Venue	£ / TT
10.00am-3.00pm	<b>Baby Weighing</b> Appointment only, please book via your health visitor or phone 0191 2823319	Kenton Library Hillsview Avenue NE3 3QG	TT
10.30am-11.00am	<b>Newcastle Libraries: Storytelling</b> Fun storytelling session for children under 5	High Heaton Newton Place NE7 7HD	TT
11.00am-12.00am	<b>Baby Social</b> Welcoming and friendly with a wide range of activities and play for the development of your baby. For babies 0-12 months.	Kenton Library Hillsview Avenue NE3 3QG	TT
1.00pm-2.30pm	<b>Healthworks: Breastfeeding Social</b> Drop in session. For more information please text or call: <b>07826 531575</b> or visit Breastfeeding Mams Newcastle on Facebook	Fawdon Children's Centre NE3 2SN	TT
1.00pm-2.30pm	<b>Women's Wellbeing Group</b> For more information, please call: 0191 211 5773 <b>Runs from 12/01/23 until 06/02/2023</b>	Fawdon Children's Centre NE3 2SN	TT
1.30pm-3.00pm	<b>Parent and Toddler Group</b> Welcoming group open to all children under 5. Supported by NAPI	St Francis Church Hall NE7 7QH	£ TT
3.30pm-6.00pm	<b>Family Club</b> For parents and children can join in structured activities that encourage positive family relationships	The Haven Halewood Avenue NE3 3RX	TT
4.00pm-7.30pm	<b>Inspire Youth: Hazelrigg Youth Club</b> Juniors for ages 5-11 years (4.00-5.30) Inters for ages 12-14 years (6.00-7.30)	Hazelrigg Community Centre NE13 7AS	TT

£ a small fee applies

TT Term Time only

\* booking required

## Friday

Time	Activity	Venue	£ / TT
All Day <i>Various Times</i>	<b>Adult Learning: Various Creative Courses</b> Run by Newcastle City Learning. For more information please contact: <b>0191 277 3520</b>	Gosforth Library NE3 3HD	<b>TT</b> <b>*</b>
9.30am-11.30am	<b>Trinity Tots</b> Welcoming group open to all children under 5 supported by NAPI	Holy Trinity Church NE2 4DL	<b>£</b> <b>TT</b>
9.30am-12.30pm	<b>Health Visitor Baby Clinic</b> Appointment only, please book via your health visitor or phone: <b>0191 282 3319</b>	Fawdon Children's Centre NE3 2SN	<b>*</b>
9.45am-11.30am	<b>Brunton Babies</b> Welcoming group for babies under 1 ( <i>who are not walking yet</i> ) Supported by NAPI	St Aidan's Church NE3 5NF	<b>£</b> <b>TT</b>
10.30am - 11.00am	<b>Newcastle Libraries: Storytelling</b> Fun storytelling session for children under 5	Gosforth Library NE3 3HD	<b>TT</b>
1.00pm-2.30pm	<b>Healthworks: Story and Snack</b> A themed story box programme including make a snack linked to a story. For children 0-5 years.	Fawdon Children's Centre NE3 2SN	<b>TT</b>
4.00pm-7.30pm	<b>Inspire Youth: St Mary's Youth Club</b> Juniors for ages 5-11 years (4.00-5.30) Inters for ages 12-14 years (6.00-7.30)	St Mary's Church NE3 2RR	<b>TT</b>

£ a small fee applies

TT Term Time only

\* booking required

## North Venues and Partners

Organisations	Address
<p>Fawdon Children's Centre</p> <p>0191 211 5773</p>	<p>Cairns Way Fawdon Newcastle upon Tyne NE3 2SN</p> <p><a href="mailto:newcastlenorthenquiries@newcastle.gov.uk">newcastlenorthenquiries@newcastle.gov.uk</a></p>
<p>Gosforth Library</p> <p>0191 277 1631</p>	<p>Regent Farm Road Gosforth NE3 3HD</p> <p><a href="mailto:newcastlenorthenquiries@newcastle.gov.uk">newcastlenorthenquiries@newcastle.gov.uk</a></p>
<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><a href="mailto:enquiries@inspireyouthtw.org">enquiries@inspireyouthtw.org</a> <a href="http://www.inspireyouthtw.org">www.inspireyouthtw.org</a></p>
<p>Newcastle Action for Parent and Toddler Group Initiative (NAPI)</p> <p>0191 265 6158</p>	<p>Heaton Community Centre Trehitt Road Newcastle upon Tyne NE6 5DY</p> <p><a href="mailto:admin@napi.org.uk">admin@napi.org.uk</a> <a href="http://www.napi.org.uk">www.napi.org.uk</a></p>
<p>The Haven (Please contact Fawdon on 0191 2115773 )</p>	<p>The Haven Mountfield School Hazelwood Avenue NE3 3RX</p>

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## Fawdon Children's Centre



## The Haven Kenton



# Parenting Groupwork Programmes

Aims of the Group	Who's it for?	No. of Sessions
<p><b>Family Club</b></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>6 weekly Sessions</p> <p><b>Booking only commencing 19th Jan 2023</b></p>
<p><b>No Frills Parenting</b></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><b>Women's Wellbeing</b></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><b>Decider (Young People)</b></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><b>Individual and Groupwork</b></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><b>Solihull Parenting (Virtual &amp; Group)</b></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><b>Booking only Commencing 12th Jan 2023</b></p>
<p><b>Parent on the Ball</b></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.</p> <p>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>

**For more information or to book:**

### Contact us

- Email: [responsivegroups@actionforchildren.org.uk](mailto:responsivegroups@actionforchildren.org.uk)

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# 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](http://www.newcastlesupportdirectory.org.uk) Choose 'What's 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 **0800 073 0911** or visit their website [www.newcastlecitylearning.ac.uk](http://www.newcastlecitylearning.ac.uk)

## 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 211 5773** or go to: [www.newcastle.gov.uk/free-childcare](http://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 phone **0191 211 5773** or email:

[responsivegroups@actionforchildren.org.uk](mailto:responsivegroups@actionforchildren.org.uk)

Also available is Parent Talk, online support for Parents from Action for Children. Go to: <https://parents.actionforchildren.org.uk>

## 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](http://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>