

WHAT'S ON IN THE NORTH?

Spring 2024



children & families NEWCASTLE

Your Community Family Offer

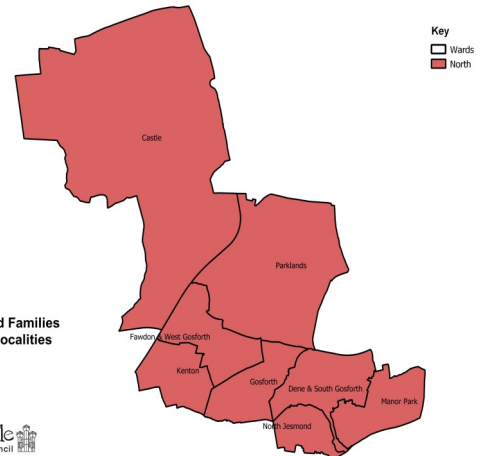
Your local community hubs offer vibrant and social spaces. The community hubs are a central point for accessing a wide variety of activities, events, and support services. The hubs are a space for your family to take ownership of how you access support.

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



Children and Families
Newcastle Localities
NORTH

Newcastle
City Council

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
- Kenton
- 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	Parent and Toddler Group Open to all children under 4 years old Supported by NAPI	Sacred Heart RC Church NE3 5EB	£ TT
9.30am-12.00pm	Upstart Enterprise Skills Café Our new FREE skills café Includes help with CV's and job applications, alternative careers advice, 1-1 support, advice on starting your own business and volunteering opportunities. Book an appointment vicki@upstartenterprise.com or call 07872618895.	The Haven Halewood Avenue NE3 3RX	
9.00am-12.00pm	Tots on Mondays Welcoming and friendly group for all children under 5 Supported by NAPI	Church of Ascension NE3 4UN	£ TT
9.30am-11.00am	Little Bears Parent and Toddler Group Welcoming and friendly group for all children under 5 years old. Supported by NAPI	Fawdon Children's Centre NE3 2SN	£ TT
9.30am-11.30am	Trinity Toddlers Welcoming group open to all children under 5 years old. Supported by NAPI	Trinity Church NE3 4AG	£ TT
9.45am-11.45am	Brunton Babies Welcoming group for babies under 1 years old (<i>who are not walking yet</i>) Supported by NAPI	St Aidan's Church NE3 5NF	£ TT
10.00am-12.00pm	Newcastle Carers Drop in Drop in session for carers who may need information or support or advice	Gosforth Library NE3 3HD	
10.00am-11.30am	Start For Life Fun and engaging session for children 0-2. Learn through play, songs and stories to promote development. Run by Healthworks	The Haven Halewood Avenue NE3 3RX	

£ a small fee applies

TT Term Time only

* booking required

Monday Continued

Time	Activity	Venue	£ /
13.00-14.30	Healthworks-Messy Play Fun messy activities including gloop, playdough, painting, pasta play and more For Children 0-5 years old.	Fawdon Children's Centre NE3 2SN	TT
4.00pm-6.00pm	11+ Youth Club NE Youth	The Haven Halewood Avenue NE3 3RX	

Tuesday

Time	Activity	Venue	£ / TT
9.00am-12.00pm	Tobacco Dependency Treatment Service Help available to stop smoking in pregnancy	Fawdon Children's Centre NE3 2SN	
9.30am-11.30am	Come and Play A welcoming and friendly group for all children under 5. Supported By NAPI	St Hugh's Church Hall NE3 3HS	£ TT
10.00am-11.30am	Baby Massage 5 Week Course For non mobile babies Starts Jan 2024 Run by Healthworks To book a space call or text 07961734298	Fawdon Children's Centre NE3 2SN	TT
9.45am-11.30am	Brunton Park Parent and Toddler Group Open to all children under 5 Supported by NAPI	St Aidan's Community Centre	£ TT
10.00am-12.00pm	Citizens Advice Drop-in Session Information, advice and guidance	The Haven Halewood Avenue NE3 3RX	
10.00am-12.00pm	Ante-Natal Workshops 4 Workshops for expectant mothers run by Midwifery, Health visiting, Healthworks and Action for Children. To book call single point of access on 0191 282 3319	Fawdon Children's Centre NE3 2SN	

£ a small fee applies

TT Term Time only

* booking required

Tuesday Continued

Time	Activity	Venue	£ / TT
1.00pm-2.30pm	Little Saints Toddler Group Welcoming group open to all children under 5 Supported by NAPI	All Saints Church NE3 4ES	£ TT
10.00am-11.30pm	EdgeField Gosforth Hall Toddlers Open to all children under 5 years old Supported by NAPI	Edgefield Avenue NE3 3AB	£ TT
13.00pm-14.30pm	Pregnancy Social A relaxed, informal and friendly group. Meet others and get information and support from a member of staff or one of our volunteers. Run by Best Start at Healthworks For more information please call 07826 531575 or visit BumpBuds on Facebook	The Haven Halewood Avenue NE3 3RX	

Wednesday

Time	Activity	Venue	£ / TT
9.00am-3.00pm Monthly	Autism Hub: Workshops and one to one appointments For more information call Kerrie Highcock on: 0191 410 9974 or email: kerrie.highcock@ne-as.org.uk	Fawdon Children's Centre NE3 2SN	*
9.15am-10.45am	Little Fishes Welcoming group open to all children under 5 years old. Supported by NAPI	St Georges URC NE7 7HP	£ TT
9.30am-11.30am	Trinity Toddlers Welcoming group open to all children under 5 years old. Supported by NAPI	Trinity Church NE3 4AG	£ TT
10.00am-11.30am	Mini Notes Music Welcoming group open to all children under 5 years old. Supported by NAPI	Edgefield Avenue Fawdon NE3 3AB	£ TT

£ a small fee applies

TT Term Time only

* booking required

Wednesday

Time	Activity	Venue	£ / TT
10.00am-11.30am	Baby Massage For non mobile babies Starts Jan 2024 Run by Healthworks To book a space call or text 07961734298	The Haven Halewood Avenue NE3 3RX	
11.00am-11.30am	Newcastle Libraries: Storytelling Fun storytelling session for children under 5 years old	Gosforth Library NE3 3HD	TT
12.00pm-2.00pm	Little Minds in Mind Children North East, Appointment only 4 sessions dedicated to early bonding and preparing for birth. Topics include: staying healthy, early bonding and brain development and what to expect in labour. Book through children-ne.org.uk 14.00pm-15.00pm Drop in.	The Haven Halewood Avenue NE3 3RX	
1.00pm-4.00pm	Health Visitor Baby Clinic Appointment only, please book via your health visitor or phone: 0191 282 3319	Gosforth Library NE3 3HD	*
1.00pm-3.00pm	Wellbeing Wednesday Opportunity for parents to explore ways to support and improve wellbeing, with themed subjects and activities in a safe space.	The Haven Halewood Avenue NE3 3RX	
2.00pm-3.00pm	Little Minds in Mind Therapeutic Drop In Children North East For parents and carers of baby's 0-2 years old. Therapeutic advice and support with baby led play to support bonding and attachment	The Haven Halewood Avenue NE3 3RX	
3.30pm-5.30pm	Projects For Change A fun youth session for young people 11-16, explore outdoors, build dens, make friends.	The Haven Halewood Avenue NE3 3RX	

Thursday

Time	Activity	Venue	£ / TT
9.00am-12.00pm	Messy Hubs Fun for under 5's Contact Kelsey on 07513 534 325 for more information.	The Haven Halewood Avenue NE3 3RX	
09.00-12.00pm	3-4 Months Contact 0-19 Service	The Haven Halewood Avenue NE3 3RX	
10.00am-12.00pm	Women's Wellbeing And Enterprise Group Take part in fun activities decided by your group like stottie making, cake decorations or a bike ride. Develop your business enterprise skills, have fun and make new friends. Contact vicki@upstartenterprise.com or call 07872618895 to book a space.	The Haven Halewood Avenue NE3 3RX	TT
9.45am-11.30am	Brunton Park Parent and Toddler Group Open to all children under 5 years old. Supported by NAPI	St Aidan's Community Centre	£ TT
10.00am-11.30am	Healthworks: Sensory Baby Activities for babies 0-12 months to engage your child's senses in fun and interactive session.	Fawdon Children's Centre NE3 2SN	TT
10.00am-11.30am	Oaks and Acorns Grandparents Group Warm and welcoming group Supported by NAPI <i>Runs fortnightly</i>	Regent Chapel NE3 3HD	
10.30am-11.00am	Newcastle Libraries: Storytelling Fun storytelling session for children under 5 years old	High Heaton Newton Place NE7 7HD	TT

Thursday continued

Time	Activity	Venue	£ / TT
<i>Bi-Monthly</i> 12.15pm - 15.15pm	Rainbows Borrowers Supported by NAPI. Free toy loan service and play session for children under 5 with additional needs and their families. Please ring 0191 265 6158 for more details.	The Haven Halewood Avenue NE3 3RX	TT
11.00am-12.00am	Baby Social 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
12.00pm - 14.00pm	Little Minds in Mind Children North East, Appointment only 4 sessions dedicated to early bonding and preparing for birth. Topics include: staying healthy, practical advice, early bonding and brain development and what to expect in labour . Book through children-ne.org.uk 14.00pm—15.00pm—Drop In	Fawdon Children's Centre NE3 2SN	TT
1.00pm-2.30pm	Healthworks: Breastfeeding Social Drop in session. For more information please text or call: 07826 531575 or visit Breastfeeding Mams Newcastle on Facebook	Fawdon Children's Centre NE3 2SN	TT
1.30pm-3.00pm	Parent and Toddler Group Welcoming group open to all children under 5 years old. Supported by NAPI	St Francis Church Hall NE7 7QH	£ TT
4.00pm-7.30pm	Inspire Youth: Hazelrigg Youth Club 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

Friday

Time	Activity	Venue	£ / TT
All Day <i>Various Times</i>	Adult Learning: Various Creative Courses Run by Newcastle City Learning. For more information please contact: 0191 277 3520	Gosforth Library NE3 3HD	TT *
9.30am-11.30am	Trinity Tots Welcoming group open to all children under 5 years old supported by NAPI	Holy Trinity Church NE2 4DL	£ TT
9.30am-12.30pm	Health Visitor Baby Clinic Appointment only, please book via your health visitor or phone: 0191 282 3319	Fawdon Children's Centre NE3 2SN	*
9.45am-11.30am	Brunton Babies Welcoming group for babies under 1 (<i>who are not walking yet</i>) Supported by NAPI	St Aidan's Church NE3 5NF	£ TT
10.30am-11.00am	Newcastle Libraries: Storytelling Fun storytelling session for children under 5	Gosforth Library NE3 3HD	TT
4.00pm-7.30pm	Inspire Youth: St Mary's Youth Club 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	TT
9:30am-11:00am	Messy Hub Newcastle Fun for children under 5 years old Contact Kelsey on 07513 534 325 for more information.	St Andrew's URC Wyndham Avenue, Kenton, NE3 4QJ	TT *
10.00am-11.30am	SEND Parent Support Does your child have a special educational need or disability? Drop-in to this informal SEND support group. Ring to check dates: 0191 211 5773 (Children welcome)	The Haven Halewood Avenue NE3 3RX	
10.00am-11.30am	SEND Parent Support Does your child have a special educational need or disability? Would you like to talk to other people or get advice from professionals? Drop-in to this informal SEND support group. Ring to check dates: 0191 211 5773 (Adults only)	Gosforth Civic Theatre	

North Venues and Partners

Organisations	Address
Fawdon Children's Centre 0191 211 5773	Cairns Way Fawdon Newcastle upon Tyne NE3 2SN newcastlenorthenquiries@newcastle.gov.uk
The Haven Please contact Fawdon on 0191 211 5773)	The Haven Mountfield School Halewood Avenue NE3 3RX
Gosforth Library 0191 277 1631	Regent Farm Road Gosforth NE3 3HD newcastlenorthenquiries@newcastle.gov.uk
Inspire Youth Tyne and Wear 0191 264 1959	The Lemington Centre Tyne View Newcastle upon Tyne NE15 8RZ enquiries@inspireyouthtw.org www.inspireyouthtw.org
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

To contact the North hub:

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

Parent Workshops

Aims of the Group	Who's it for?	No. of Sessions
Family Club 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.	Families (This is a group where parent/s must attend with their child/children)	6 weekly Sessions
Women's Wellbeing 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	Women who are isolated, struggling with their emotional health or wanting to build confidence and make friends.	6-8 sessions (dependent upon progress)
Decider (Young People) The Decider Skills use CBT and DBT (cognitive and dialectical behaviour therapy) skills to teach children, young people to recognise and manage thoughts, and behaviour.	Young People will be grouped depending on their age. Individual and Groupwork	Individual: 4-6 sessions Groupwork: 6 weekly Sessions
Understanding your Baby A group for new parents and babies up to 9 months based on Solihull approach. A safe, relaxed programme promoting getting to know and understand your baby	new parents and babies up to 9 months	8 weeks Call 0191 2115773 For more information
Understanding your Child Workshops for parents of babies 9 months upwards. Based on Solihull Approach to help understanding your child's behaviour and promote strong relationships.	parents of babies 9 months upwards	8 weeks Call 0191 2115773 For more information

Email: newcastlenorthernenquiries@newcastle.gov.uk

Parent Workshops

Aims of the Group	Who's it for?	No. of Sessions
Solihull Parenting (Virtual & Group) To help parents and carers identify the most important issues in their relationship .This can help strengthen relationships and parents gain confidence in effective parenting.	Parents/carers who have children aged 0-19	10 sessions (2 hours) Call to book
Parents on the Ball 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.	Parents/carers who have children aged 0-19	10 week Programme Call to book
Incredible Years Pre-School For parents of 3-4 year olds to help you encourage your child's independence and skills, and to manage their behaviour and emotions.	For parents of 3-4 year olds Home based 1:1 support	Call 0191 2115773 For more information
School Non-Attendance For parents whose children are struggling to go to school due to anxiety and emotional issues. This support group looks at reasons behind this and gives the chance to share ideas and meet others in the same situation.	Next starting end of Jan 2024	5 weeks 0191 2115773 For more information

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!

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 '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

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

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

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

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>