

# Children and Families Newcastle Inner West

What's on for children and young people  
aged 0 -19 years



The information in these pages was up to date when published but it is subject to change.

To find out more information about services and activities for you and your family, either telephone 0191 2774400 and leave a message or email: [surestart@newcastle.gov.uk](mailto:surestart@newcastle.gov.uk) or search on Facebook for Community Family Hub West



Find us on  
**Facebook**



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## Our Timetable

Monday			
9.30 - 11.30	<b>St Robert's Carers and Toddler Group</b> Open to all children (NAPI supported)	Cedar Road, Bolbec Road NE4 9PH	£
9.30-11.00	<b>Family Cook, Play and Learn</b> 0-5's	Healthworks Nunsmoor Centre	TT
10.00 -11.30	<b>Monday is Funday</b> Family fun sessions - cooking, arts and crafts outdoor play space, reading area for 0 to 5's and their parents/carers (0 to 8 in the holidays) Contact Helen to book 0191 2641959 helen.spring@hwn.org.uk	Healthworks Health Resource Centre	
10.30 - 11.30 & 13.00 -14.00	<b>Boogie Bairns</b> for under 3's To book 0191 2727824	Children North East Cowgate Centre	TT
10.30 - 11.30	<b>Baby Massage</b> – Need to book, please ring Riverside Community Health Project on 0191 2260754	Riverside Community Health Project	TT

£ = small charge

TT= Term Time only

## Our Timetable

Monday			
13.00 -14.30	<b>Early Explorers</b> Selected dates. Check Scotswood Natural Community gardens website.	Scotswood Gardens Yewcroft Ave, NE15 6TU 0191 2750000	
13.00 - 14.30	<b>Messy Mondays</b> Ages 1- 4 years	Riverside Community Health Project.	TT
13.00 –15.00	<b>Walk and Talk</b> Post natal walk and talk session booking required, please contact Katyshipman.nct@outlook.com	Nunsmoor Centre Trust Nunsmoor Centre	
14.00 - 18.00	<b>Sexual Health Drop In</b> 13 -25 years C Card, Advice, Support, STI Screening and Information	Children North East Young People’s Service 4 Graingerville North	
15.30 -17.30	<b>Preparing for Baby</b> Antenatal classes for Mums and Dads. To book 0191 2727824 email families.admin@children-ne.org.uk	Children North East Cowgate Centre	
16.00 -18.00	<b>Under 16s drop in</b> (11 years to 16 years) Youth activities, cooking and support. No need to book.	Children North East Young People’s Service 4 Graingerville North	
16.00	<b>Older Lad’s session</b> Age 16 years +	North Benwell Youth Project 0191 2983201 email: nbyp1000@btconnect.com	
18.00	<b>Detached Session</b> For Teenagers	North Benwell Youth Project 0191 2983201 email: nbyp1000@btconnect.com	

## Our Timetable

### Monday

18.30-19.30	<b>Youth Drumming</b> Sessions delivered by The Globe For ages 10 and up, starting 08th November.	The Nunsmoor Trust Nunsmoor Centre	
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## Our Timetable

Tuesday			
9.00 -11.30	<b>Holy Cross Pram Group</b> For under 5's (NAPI supported)	Holy Cross Church Hall, Whittington Grove, NE5 2SA	£
9.30 -11.00	<b>Stay and Play</b> for under 3's Drop in sessions, no need to book	Children North East Cowgate Centre	TT
10.30 -11.30	<b>My Baby and Me</b> from 8 weeks to 12 months	Riverside Community Health Project	TT
13.00	<b>Virtual Breastfeeding Social</b> (via Zoom) Follow Breastfeeding Mams Newcastle on Facebook for more information	Healthworks	
14.00 -16.00	<b>Health Service Child BMI Clinic</b> (Health Service appointments only)	Children North East Cowgate Centre	

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## Our Timetable

### Tuesday

16.00-17.00	<p><b>Junior Boxing Session</b> for 5-14 year olds Our community boxing club is a no pressure to compete club, and is free of charge, no need to book, although must contact before first session Facebook.co.uk/sportingchancene or Jamie@scne.org.uk</p>	<p><b>Sporting Chance</b> Community Boxing Club @ The Cowgate Centre</p>	
16.00-17.30	<p><b>After School Club</b> Success4all Under 10's Free Need to book through Olivia 07588217683</p>	Blakelaw Neighbourhood Centre	
16.30-17.30	<p><b>Girls Group</b> Ages 11-13 0191 2983201 email: nbyp1000@btconnect.com</p>	North Benwell Youth Project	
17.00 -19.00	<p><b>Teenage Safe 4 Life</b> Starts 28<sup>th</sup> September Domestic abuse recovery course supporting victims and survivors on their journey to safety. For girls aged 11-18 yrs.</p>	West End Women and Girls	
17.45	<p><b>Fitness Sessions (Running)</b> Open group 0191 2983201 email: nbyp1000@btconnect.com</p>	North Benwell Youth Project	

## Our Timetable

Wednesday			
10.00-12.00	<p style="text-align: center;"><b>Introduction to Autism</b></p> <p>To book please contact Kerrie Highcock on 0191 4109974 or <a href="mailto:Kerrie.highcock@ne-as.org.uk">Kerrie.highcock@ne-as.org.uk</a></p>	Nunsmoor Centre 03/11,01/12	
13.00-15.00	<p style="text-align: center;"><b>Autism Hub Drop In</b></p> <p>To book please contact Kerrie Highcock on 0191 4109974 or <a href="mailto:Kerrie.highcock@ne-as.org.uk">Kerrie.highcock@ne-as.org.uk</a></p>	Nunsmoor Centre 03/11,01/12	
10.00 -11.30	<p style="text-align: center;"><b>Breastfeeding Social Group</b></p>	Healthworks Nunsmoor Centre	
16.00 -18.00	<p><b>Cook it-Grow it</b> Starts 6th Oct. Ages 8-13 years. Learn to cook tasty healthy recipes, Learn how to grow things, play games, ride a bike, develop skills and make new friends</p>	West End Women and Girls	
16.00 -17.30	<p style="text-align: center;"><b>FAB Group:</b> 11yrs – 18yrs 1st Wednesday of the month, alternate months, for young people with disabilities Booking required, please contact:  <a href="mailto:Stephanie.weighill-cole@children-ne.org.uk">Stephanie.weighill-cole@children-ne.org.uk</a> 0191 2733997 07724868606</p>	Children North East Young People Service 4 Graingerville North,	

## Our Timetable

Wednesday			
16.30 -17.30	<b>Young Drillers</b> Boys aged 13+ 0191 2983201 email: nbyp1000@btconnect.com	North Benwell Youth Project	
16.30 -18.30	<b>Music with Adam</b> 0191 2983201 email: nbyp1000@btconnect.com	North Benwell Youth Project	
17.30 -18.30	<b>Key groups 11+</b> 0191 2983201 email: nbyp1000@btconnect.com	North Benwell Youth Project	
18.00	<b>Detached Session</b> For Teeangers 0191 2983201 email: nbyp1000@btconnect.com	North Benwell Youth Project	



## Our Timetable

Thursday			
9.15 - 10.30	<b>Breakfast Stay and Play</b> For 12 months to 4 years. Breakfast is provided	Riverside Community Health Project	TT
9.30 -11.00	<b>Stay and Play for under 3s</b> Drop in, no need to book	Children North East Cowgate Centre	TT
9.30 -11.15	<b>Nunsmoor Parent and Toddler Group</b> 0-5yrs ring to book 0191 2774400	The Nunsmoor Trust Nunsmoor Centre	£1 suggested TT
9.30 -11.30	<b>Kelly's Parent and Toddler Group</b> open to every child under 5 (NAPI supported)	Denton Burn Methodist Church, West Road, Denton Burn, NE15 7E	£
11.15- 12.45	<b>Toy Library Drop-in</b> New toys and games suitable for babies, toddlers and pre-school children	The Nunsmoor Trust Nunsmoor Centre	£ TT
13.00 - 14.00	<b>Boogie Bairns</b> From 8 weeks to 2 years	Riverside Community Health Project	TT

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Thursday			
13.00 -15.00	<b>Young Mums</b> 0191 2983201 email: nbyp1000@btconnect.com	North Benwell Youth Project	
14.00 -16.00	<b>New Beginnings</b> for under 2s. Group for mums and dads with newborn babies. Booking required ring 0191 272 7824 or email: families.admin@children-ne.org.uk	Children North East Cowgate Centre	TT
14.00 -18.00	<b>Sexual Health Drop In</b> 13 -25 years C Card, Advice, Support, STI Screening and Information No need to book	Children North East Young People's Service 4 Graingerville North	
16.00 -17.00	<b>BB Group Mixed session</b> 8 to 11 years	North Benwell Youth Project	
16.00 -17.00	<b>Happy Hands Group</b> 4-6 year olds craft club Drop in sessions, no need to book	Children North East Cowgate centre	TT
16.00-17.30	<b>After School Club</b> Success4all Under 10's Free Need to book through Olivia 07588217683	Blakelaw Neighbourhood Centre	
16.00-18.00	<b>Over 16s drop in</b> (16 years to 25 years) Youth activities, cooking and support. No need to book.	Children North East Young People's Service 4 Graingerville North	
16.00 -17.00	<b>Kids can Cook</b> 7-12years Delivered by Healthworks Booking required ring 0191 2727824 or email families.admin@children-ne.org.uk	The Cowgate Centre	TT

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<b>Thursday</b>			
15.15 -16.15	<b>Rainbow Warriors</b> (Girls) aged 14+ 0191 2983201 email: nbyp1000@btconnect.com	North Benwell Youth Project	
16.00-17.30	<b>Junior Youth Club</b> For ages 5-12 year olds Session is free, no need to book For further information email Leoni.roberts@inspireyouthtw.org	Inspire Youth Robert Stewart Memorial URC Church Wingrove Road	
16.30 -18.30	<b>Girls Club Make a Noise</b> Starts 7 October Ages 8 to 13 years. Play music, sing, mc, write songs, learn an instrument, come along and make a noise! Complete beginners to advanced, no experience necessary.	West End Women and Girls	
17.30 -19.30	<b>Older Girls</b> Starts 7 October Ages 13 to 19 years Come and have a frisk, smash the patriarchy and make new friends	West End Women and Girls	
18.00-19.30	<b>Clarewood Girls Group</b> For ages 11-16 Session is free, no need to book For further information email Leoni.roberts@inspireyouthtw.org	Inspire Youth Clarewood Community House Arthurs Hill	
18.15	<b>Young People's Committee</b> 0191 2983201 email: nbyp1000@btconnect.com	North Benwell Youth Project	

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Friday			
9.30 -11.30	<b>St Robert's Carers and Toddler Group</b> Open to all children (NAPI supported)	Cedar Road, Bolbec Road NE4 9PH	£
10.00 -11.00	<b>Tots of Fun</b> Stay and play session for Dads, Grandads and male carers, with their children, no need to book	Children North East Cowgate Centre	TT
10.00 -11.30	<b>Story Time and Snack 0-5s</b> A themed story box programme including making a snack linked to the story. Session will include dental hygiene and portion sizes information	Health Resource Centre Benwell	TT
10.00 -12.00	<b>Al-Ihsan Mother, Baby and Toddler Group.</b> A fun and friendly group with Islamic flavour in a safe environment	The Nunsmoor Centre. To book a space call Shamim 07890358607	TT £
10.30-12.00	<b>Pendower Good Neighbour Project Toddlers</b> for under 5s (NAPI supported)	14 Sunny Bank Avenue, Pendower, NE15 6AR	£
10.15 –11.45	<b>Westgate Road Baptist Toddlers</b> for under 5's (NAPI supported)	Westgate Hill Baptist Church,366, Westgate Road NE4 6NX	£

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## Our Timetable

<b>Friday</b>			
11.00 - 14.00	<b>Education, Employment, Training Support 16+</b> 0191 2983201 email: nbyp1000@btconnect.com	North Benwell Youth Project	
16.00 - 17.00	<b>Gucci Gang</b> (boys) 8-11 year olds 0191 2983201 email: nbyp1000@btconnect.com	North Benwell Youth Project	
16.30- 18.30	<b>Masquer-aid</b> 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  rhoda.morrow@children-ne.org.uk	Children North East Young Peoples Service  4 Graingerville North  0191 2733997  From 5 <sup>th</sup> November	
<b>Sunday</b>			
12.00- 15.00	<b>Weekend Family Fun</b> Craft games and play area available, with visits from Science Buddies, wire work and Junk music . Family sessions, children over the age of 8 can come on their own	The Nunsmoor Trust Nunsmoor Centre Sunday's 07th,14th,28th November, 12th December.	

## Our Digital activities

Visit the Our Newcastle YouTube channel and search Children and Families Newcastle for stories, songs and activities.

### **Healthworks Resource Library**

<https://www.healthworksnewcastle.org.uk/about-us/our-resource-library/>

On our Facebook page, we post songs, stories and ideas for activities and crafts .Go to our Facebook page and ask to join:

<https://www.facebook.com/groups/surestartwestriverside/>

Breastfeeding - see the activities listed for Tuesday in this timetable for full details of this Zoom session.

## Useful links for help, advice and support:

[Parent Talk - Support for Parents from Action For Children](https://parents.actionforchildren.org.uk/)

<https://parents.actionforchildren.org.uk/>

[Start4Life \(www.nhs.uk\)](http://www.nhs.uk) - NHS help and advice during pregnancy, birth and parenthood



## Inner West and Partners' venues

Venue	Address
Nunsmoor Centre 0191 2774400	Studley Terrace, Fenham, NE4 5AH <a href="https://www.facebook.com/nunsmoorcentretrust">Nunsmoor Centre Trust - Home (facebook.com)</a>
Venue	Address
Riverside Community Health Project 0191 2260754	Carnegie House Atkinson Road, NE4 8XS www.riversidechp.co.uk all@riversidechp.co.uk <a href="https://www.facebook.com/riversidecommunityhealthproject">Riverside Community Health Project - Home (facebook.com)</a>
Venue	Address
Healthworks 0191 2724244	Heath Resource Centre, Adelaide Terrace, Benwell, NE4 8BE  www.healthworksnewcastle.org.uk <a href="https://www.facebook.com/healthworksnewcastle">Healthworks Newcastle   Facebook</a>

For up to date information on NAPI supported activities ring 0191 2656158 or visit: [www.napi.org.uk](http://www.napi.org.uk)

For more information on our activities and services go to:  
<https://www.facebook.com/groups/surestartwestriverside/>  
or phone 0191 2774400 and leave a message or email [surestart@newcastle.gov.uk](mailto:surestart@newcastle.gov.uk)



## Inner West's and Partners' venues

Venue	Address
Action For Children 0191 272 4990	Wesley House, Bond Court, NE4 8BA <a href="https://www.actionforchildren.org.uk/">https://www.actionforchildren.org.uk/</a>

Venue	Address
Children North East at The Cowgate Centre Families & Parenting: 0191 272 7824 Families.admin@children- ne.org.uk	Houghton Avenue, Cowgate, NE5 3UT <a href="https://children-ne.org.uk">https://children-ne.org.uk</a> <a href="https://www.facebook.com/ChildrenNorthEast">https://www.facebook.com/            ChildrenNorthEast</a>

Venue	Address
Children North East Young Peoples Service: 0191 273 3997	4 Graingerville North Westgate Rd <a href="https://www.children-ne.org.uk">Young People - Children North East            (children-ne.org.uk)</a>





## Inner West's and Partners' venues

Venue	Address
Blakelaw Neighbourhood Centre 07804828355	Binswood Avenue, NE5 3PN
Venue	Address
West End Women and Girls 0191 273 4942	173 Elswick Road, NE4 6SQ <a href="#">West End Women &amp; Girls Centre   Facebook</a>
Venue	Address
North Benwell Youth Project 0191 2983201	80 -84 Ellesmere Road, NE4 8TS email: nbyp1000@btconnect.com
Venue	Address
Families Matter Blakelaw 0191 214 24 60	Lindfield Avenue, NE5 3PL