

Things to do in

Wallsend and Howdon



Get Active



Connect



Learn



Give



Be present



WINTER 2019/20

Get Active



Wallsend Walkers

Wednesdays 10.30am to 12pm Meet Outside the Olive Tree Cafe, side entrance of Wallsend Memorial Hall Frank Street Wallsend.

Carol Fordham on 07756535079

OM Yoga Studios

Guided meditation, restorative yoga, ashtanga yoga sessions at Wallsend Memorial Hall, Frank Street, Wallsend, NE28 6RN. Sessions £6.00.

ali-t83@hotmail.co.uk 07843113215

Age UK Active Health

Gentle exercise: Fridays from 9:30am to 10:30am. Cost £2.50. Thai Chi Mondays from 2:30pm to 3:30pm. Cost: £3.00 Wallsend Customer First Centre,

0191 280 8484

Family Gateway

Gym facilities and classes. Specialised activities available for individuals aged 50+, stroke, MS, heart issues and reduced mobility.

admin@familygateway.co.uk 0191 643 7955

Wallsend Boys Club

In the heart of the community, Wallsend Boys Club offer sports sessions and activities to help improve health and wellbeing. Football sessions available for all ages and abilities. Get in touch directly for their programme of activities.

wallsendboysclub@gmail.com 0191 263 9490



Connect

Wallsend and Howdon Library Activities

Film Club - adults can meet to share watching a film which is publicised in advance. Films are shown at Wallsend Library on Mondays at 2.30pm. Board game clubs, knit and natter, reading groups, gamers, art clubs and toddler tales.

wallsend.library@northtyneside.gov.uk 0191 6432075

howdon.library@northtyneside.gov.uk 0191 6432070

St Paul's Community Partnership

Men's groups, lunch clubs, IT support, friendship groups, social activities, line dancing and more.

0191 280 2594

Make Christmas Special

Christmas Day lunch for those who may be on their own or would like to spend the day with others.

socialconnectionsnortheast@gmail.com 07769276819

Wallsend Park

Explore Wallsend park and their fantastic facilities including outdoor gym, play park, bowling green and bandstand. For more information on park events, volunteering opportunities and nature trails contact:

wallsendparks@northtyneside.gov.uk 0191 643 7897

Tots Tea Rooms

Community focused cafe in Wallsend designed to offer kids of all ages a safe place to play and plenty for the grown ups too.

info@totstearooms.com 0191 6911347

Learn



Employment and Skills

A range of adult learning courses available at Segedunum business centre . ICT, English, maths, counselling, childcare and more. Distance learning, alternative education and volunteering opportunities available.

0191 643 2288

Segedunum Roman Fort

From 1 April 2019 to 31 March 2020 North Tyneside residents with an NE28 postcode can enjoy unlimited FREE admission to Segedunum Roman Fort & Museum

0191 280 2594

Working Links

Links to Work is a voluntary and free programme that offers a unique service in which you can choose your own tailored support package to help you get back into the world of work.

robert.delabedoyere@workinglinks.co.uk

Building Futures East

Fully funded five week DIY course for women in March 2020. Eight week freedom programme on recovery from domestic abuse. Walker Soup events, pitching community projects for funding.

eastendwomen@buildingfutureseast.org 0191 263 2752

Journey Enterprises

Based in Wallsend Memorial Hall, Journey Enterprises offer activities and support around life and employment skills. Enterprise, employment and training as well as performing arts, crafts and social activities.

adam.bird@journeyenterprises.co.uk 0191 484 1290



Give

Good Neighbours

Good Neighbours supports and trains volunteers to carry out small 'neighbourly' tasks such as DIY and shopping for people who could use a little help. Get in touch if you have a little time to spare that could make a big difference.

admin@voda.org.uk 0191 643 2626

Love Your Street

Take pride in your street, volunteer to litter pick, plant flowers or close your street so children can play safely. Contact the team for a Love Your Street resource pack.

loveyourstreet@northtyneside.gov.uk

Walking With in North Tyneside

Volunteer to help Walking With to support asylum seekers and refugees in North Tyneside. Social activities, English classes, food poverty, guidance, communal lunches and access to training.

walkingwithwcvwt@msn.com 0191 6498974

Baby Equipment Loan Service & Toy Library

Essential baby and safety equipment for hire at a minimal cost. Items such as buggies, cots and highchairs are available. Toy Library accessible to residents of North Tyneside.

howdonbelsstaff@yahoo.co.uk 0191 263 5770

Winter Support Network

A little act of kindness can go a long way in the winter months. Get in touch with VODA for free winter support packs and advice on keeping people safe during harsh weather.

admin@voda.org.uk 0191 643 2626

Be Present



Anxious Minds

Talking therapies and support groups help people to improve their mental wellbeing.

info@anxiousminds.co.uk 0191 262 0305

North Tyneside Carers' Centre

Peer support group held on the third Friday of every month 10:30am to 12pm. Wallsend Memorial Hall (The MEM), Frank Street, Wallsend.

enquiries@ntcarers.co.uk 0191 643 2298

Dreamshine CIC

Based in the Anxious Minds shop in Wallsend Forum, Dreamshine offers a range of social activities for women and children.

ingrid1dreamshine@gmail.com

North Tyneside Art Studio

Based within Wallsend Forum, North Tyneside art studio believe that creative opportunities can transform lives. Workshops, exhibitions and social events.

info.ntartstudio@gmail.com 0191 296 1156

Citizens Advice North Tyneside

Trained advisers can help you make informed decisions on debt, welfare benefits, universal credit, housing, family issues and more. Based in Wallsend Customer First Centre, Citizens Advice drop in 10am to 1pm Monday, Tuesday, Thursday and 10am to 4pm Friday. For support or to enquire about volunteering opportunities speak to one of the team.

www.ntcab.org.uk 0300 3309 047

SIGN North Tyneside is a free and independent database of local services that can offer help and support for issues affecting your life.

For more information on events, activities and services available visit the SIGN Directory

<https://services.northtyneside.gov.uk/Sign/>

This leaflet has been produced by SIGN members who are supporting the campaign to end loneliness in North Tyneside. Contact the project coordinator on how you can get involved or receive support around loneliness.

josie.robinson@voda.org.uk

