

WHAT'S ON IN THE INNER WEST?

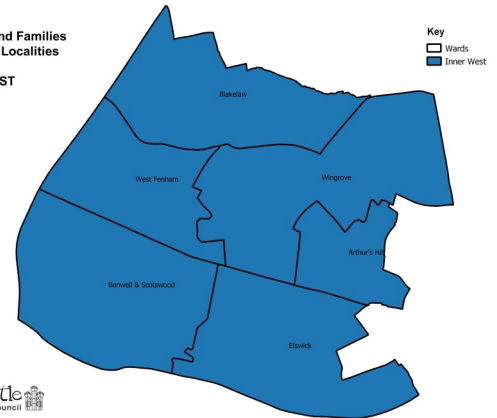
Autumn Term
2023



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



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-11.30am <i>Fortnightly</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 <i>Starting 18th September</i>	Riverside Community Health Project NE4 8XS	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	*
9.00am-6.00pm	Nunsmoor Trust: Sensory Room A quiet room for you and your child to relax with various sensory items. Booking is required, to book your 1 hour session please contact: 0191 277 4400 or email: bookings@nunsmoorcentretrust.com	Nunsmoor Centre NE4 5AH	*
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
10.00am-11.00am	Children North East: Boogie Bairns Music and sensory exploration for children under 2.	Cowgate Centre NE5 3UT	TT
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	
1.00pm-2.30pm	RCHP: Toddle Time A fun filled physical play session for little movers. Suitable for toddlers 1-3 years	Riverside Community Health Project NE4 8XS	TT

£ a small fee applies

TT Term Time only

* booking required

Monday continued

Time	Activity	Venue	£ / TT
1.00pm-2.30pm <i>Fortnightly</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
2.00pm-3.00pm	Children North East: Little Minds in Mind "Watch Me Play" Therapeutic advice and support with baby led play to support bonding and attachment. For parents and carers of children aged 0 - 2. No booking required.	Cowgate Centre NE5 3UT	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	NU Foundation: Indoor Multi-Sports For children ages 8 - 14. To book a space, visit the website: nufoundation.org.uk/nucastle	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 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	Venue to be confirmed on booking	*
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	£

£ a small fee applies

TT Term Time only

* booking required

Tuesday continued

Time	Activity	Venue	£ / TT
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
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: Babies Play Together for Under 2s A fun filled session including sensory activities. A great opportunity to meet other local families	Cowgate Centre NE5 3UT	TT
9.30am-12.00pm	RCHP: Well Baby Clinic Drop-In Need advice come along and speak to a Health visitor/Midwife, Parent Support & Welfare advice as well as being able to get your baby weighed. No booking required.	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	*
9.00am-6.00pm	Nunsmoor Trust: Sensory Room A quiet room for you and your child to relax with various sensory items. Booking is required, to book your 1 hour session please contact: 0191 277 4400 or email: bookings@nunsmoorcentretrust.com	Nunsmoor Centre NE4 5AH	*
10.00am-11.30am	Healthworks: Cook, Play and Learn Family fun sessions for children 0-5 and their parents and carers. For more Information, please contact: 0191 272 4244	Health Resource Centre NE4 8BE	

£ a small fee applies

TT Term Time only

* booking required

Tuesday continued

Time	Activity	Venue	£ / TT
10.30am-11.30am	RCHP: My Baby and Me For babies 0-12 months. Sensory floor-based play session to promote child development	Riverside Community Health Project NE4 8XS	TT
1.00pm-2.00pm	Children North East: Little Minds in Mind “Preparing for Baby” A 4 week programme covering topics around - Staying Healthy, Baby Practical advice, Early Bonding & Brain Development and Labour/Preparing for Baby. Booking required, for more information or to book a space, please ring 0191 273 3997 or email: lmim@children-ne.org.uk	Riverside Community Health Project NE4 8XS	TT *
1.00pm-2.00pm	Children North East: Little Minds in Mind “Baby’s Here” A 6 week programme covering topics around - the Developing Brain, Understanding baby cues, Early crying, 5 to thrive (including a toddler version), Whoops (keeping baby safe at home) and Tears and Tantrums. Booking required, for more information or to book a space, please ring 0191 273 3997 or email: lmim@children-ne.org.uk	Riverside Community Health Project NE4 8XS	TT *
1.00pm-1.45pm	RCHP: First Words Together A 5 week play session to support your child’s language development before they start to talk suitable for under 2s. All children get 5 free toddler books. To book a place contact: jade@riversidechp.co.uk	Riverside Community Health Project NE4 8XS	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 A 5 week course to learn how to massage your baby. Suitable for babies from birth to 12 months. Booking required, please ring 0191 272 7824 or email families.admin@children-ne.org.uk	Cowgate Centre NE5 3UT	*

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* booking required

Tuesday continued

Time	Activity	Venue	£ / TT
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	*
2.00pm-3.00pm	Children North East: Little Minds in Mind "Watch Me Play" Therapeutic advice and support with baby led play to support bonding and attachment. For parents and carers of children aged 0 - 2. No booking required.	Riverside Community Health Project NE4 8XS	TT
4.00pm-5.00pm	NU Foundation: Indoor Football and Gaming For children ages 8 - 14. To book a space, visit the website: nufoundation.org.uk/nucastle	NUCASTLE Diana Street NE4 6BQ	*
5.00pm - 7.00pm	Tuesday Club For 5-11 year old girls. Fun activities - arts and crafts, dance, sing and make new friends. For more information, please contact: 0191 273 4942	West End Women and Girls NE4 6SQ	TT

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	*
9.00am-4.00pm	Nunsmoor Trust: Sensory Room A quiet room for you and your child to relax with various sensory items. Booking is required, to book your 1 hour session please contact: 0191 277 4400 or email: bookings@nunsmoorcentretrust.com	Nunsmoor Centre NE4 5AH	*
9.15am-10.30am	RCHP: Breakfast Stay and Play A fun filled play session with a healthy breakfast included. Suitable for babies from 6 months to 4 years.	Riverside Community Health Project NE4 8XS	TT

£ a small fee applies

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Wednesday continued

Time	Activity	Venue	£ / TT
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	*
10.00am-11.00am	Healthworks: Boogie Bairns Fun music and movement session for children under 2. For more information, please contact: 0191 272 4244	Health Resource Centre NE4 8BE	
10.00am-11.30am	Turtle Childcare Parent and Toddler Group Our group is focused on creating a welcoming environment and providing social experiences for children and parents. To create and maintain healthy routines for children to grow and learn. Supported by NAPI	Denton Burn Community Association NE5 2UQ	£ TT
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	Healthworks: Baby Massage Baby Massage sessions for parents/carers of babies between 6 weeks and crawling. To book a space, please contact: 0191 264 1959	Health Resource Centre NE4 8BE	TT *
3.30pm-6.45pm	Inspire Youth: Cornerstone Youth Group Under 8s: ages 5-7 (3.30pm-5.00pm) Over 8s: ages 8-12 (5.15pm-6.45pm) For more information, please call: 0191 264 1959 and ask for Inspire Youth or email: enquiries@inspireyouthtw.org	Corner Stones NE4 7TU	TT
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	

£ a small fee applies

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* booking required

Wednesday continued

Time	Activity	Venue	£ / TT
4.00pm-6.00pm <i>Monthly</i>	Children North East: FAB Group For young people with disabilities aged 11-25 years. For dates and to book a place, please contact Louis: 07731 998677 or email: louis.browning@children-ne.org.uk	Children North East NE4 6UJ	*

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	£ TT
9.00am-12.00pm	Community Nursery Nurse Development Clinic Appointments only, please book via your health visitor or phone 0191 282 3319	Riverside Community Health Project NE4 8XS	*
9.00am-6.00pm	Nunsmoor Trust: Sensory Room A quiet room for you and your child to relax with various sensory items. Booking is required, to book your 1 hour session please contact: 0191 277 4400 or email: bookings@nunsmoorcentretrust.com	Nunsmoor Centre NE4 5AH	*
9.30am-11.00am	Children North East: Stay and Play Together for Under 5s 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 Trust: Parent and Toddler Group Fun and friendly session open to all children under 5. Supported by NAPI	Nunsmoor Centre NE4 5AH	TT
11.30am-12.30am	Nunsmoor Trust: Toy Library New sensory toys and games, suitable for children under 5 years. Supported by NAPI	Nunsmoor Centre NE4 5AH	£ TT

£ a small fee applies

TT Term Time only

* booking required

Thursday continued

Time	Activity	Venue	£ / TT
10.00am-11.30am	Healthworks: Sensory Baby For children under age 1. Engage your child's senses, in this fun and interactive session.	Health Resource Centre NE4 8BE	
10.30am-12.00pm	Precious Toddlers Our group is warm and welcoming, and open to all children under 5. Supported by NAPI	Newcastle Apostolic Church NE4 5NP	£ TT
11.00am-12.00pm	Children North East: First Words Together A 5 week play session to support your child's language development before they start to talk suitable for under 2s. All children get 5 free toddler books. To book a place contact: Booking required, please ring 0191 272 7824 or email: families.admin@children-ne.org.uk	Cowgate Centre NE5 3UT	*
12.30pm-3.30pm	Community Nursery Nurse Development Clinic Appointments only, please book via your health visitor or phone 0191 282 3319	Riverside Community Health Project NE4 8XS	*
12.30pm-4.00pm	Well Baby Clinic Appointments only, please book via your health visitor or phone 0191 282 3319	Health Resource Centre NE4 8BE	*
1.00pm-2.00pm	RCHP: Boogie Bairns A fun filled musical session with songs and rhymes. Suitable for under 2 years	Riverside Community Health Project NE4 8XS	TT
4.00pm-5.00pm	NU Foundation: Indoor Multi - Sports and Gaming For children ages 8 - 14. To book a space, visit the website: nufoundation.org.uk/nucastle	NUCASTLE Diana Street NE4 6BQ	*
4.00pm-5.30pm	Inspire Youth: URC Junior Youth Club For children aged 5-12. For more Information, please call: 0191 264 1959 and ask for Inspire Youth or email: enquiries@inspireyouthtw.org	Robert Stewart Memorial United Reform Church NE4 9BU	TT

£ a small fee applies

TT Term Time only

* booking required

Thursday continued

Time	Activity	Venue	£ / TT
4.30pm-5.30pm	Children North East: Youth Group A weekly session for young people aged 8+ to meet chat and create, through art, music and games. For more information please ring 0191 272 7824 or email: families.admin@children-ne.org.uk	Cowgate Centre NE5 3UT	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	
6.30pm-8.00pm	Inspire Youth: Girls Group Ages 11-16. For more information, please call: 0191 264 1959 and ask for Inspire Youth or email: 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	*
9.00am-6.00pm	Nunsmoor Trust: Sensory Room A quiet room for you and your child to relax with various sensory items. Booking is required, to book your 1 hour session please contact: 0191 277 4400 or email: bookings@nunsmoorcentretrust.com	Nunsmoor Centre NE4 5AH	*

£ a small fee applies

TT Term Time only

* booking required

Friday continued

Time	Activity	Venue	£ / TT
10.00am-10.45am	<p>Children North East: My Storytime Adventure</p> <p>A five week programme for pre-school age children. Join us for an activity based session including creative and imaginative play. Listen to popular stories and take part in a fun filled themed session. Booking required, please ring 0191 272 7824 or email: families.admin@children-ne.org.uk</p>	Cowgate Centre NE5 3UT	*
10.00am-11.00am	<p>RCHP: Baby Massage</p> <p>A 5 week course to learn how to Massage your baby. Suitable for babies from birth to 12 months. Booking required, to book a space please contact: melissa@riversidechp.co.uk</p>	Riverside Community Health Project NE4 8XS	TT *
10.00am-11.30am	<p>Healthworks: Messy Play</p> <p>Fun messy activities for children aged 0-5, come and play with gloop, playdough, painting, pasta play and more.</p>	Health Resource Centre NE4 8BE	TT
10.00am-12.00pm	<p>Al-Ihsan Baby and Toddler Group</p> <p>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.</p> <p><i>Women Only Group.</i></p>	Nunsmoor Centre NE5 4AH	£ TT
10.15am-11.45am	<p>Westgate Baptist Church</p> <p>Welcoming and friendly group, open to every child under 5. Supported by NAPI</p>	Westgate Baptist Church NE4 6NX	£ TT
4.00pm-5.00pm	<p>NU Foundation: Indoor Football and Gaming</p> <p>For children ages 8 - 14. To book a space, visit the website: nufoundation.org.uk/nucastle</p>	NUCASTLE Diana Street NE4 6BQ	*

£ a small fee applies

TT Term Time only

* booking required

Friday continued

Time	Activity	Venue	£ / TT
4.00pm-5.30pm <i>(Under 16s)</i>	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 Nimerta Virdee on: 07355 090839 or email: masquer-aid@children-ne.org.uk	Children North East Regional NE4 6UJ	*
5.30pm-7.00pm <i>(Over 16s)</i>			

Saturday continued

Time	Activity	Venue	£ / TT
9.45am-10.30am	Jellyfish and Bees @ St J's & B's Our interactive sessions are led by an early years music specialist, Paige Temperely, and include music and song all together. A great way to start the day as you continue to help your little ones develop speech and language skills. Supported by NAPI	St James and St Basils Church NE4 9EJ	£ TT
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	TT
12.00pm-5.00pm	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	

Sunday

Time	Activity	Venue	£ / TT
12.00pm-4.00pm	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	

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Action for Children: Parenting Groupwork Programmes

Only for parents/carers with children aged 0-19. Booking essential.

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

Venue to be confirmed on booking



Families Matter

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!

Healthworks: Parenting Groupwork Programmes

Aims of the Group	Who's it for?	No. of Sessions
Food and Fuel Healthy practical budget friendly cooking and budgeting tips. Advice on portion size and an introduction to food hygiene	Parents/carers who have children aged 0-19 <i>No Creche</i>	

For more information or to book:

Contact us

- Phone: 0191 272 4244
- Email: enquiries@hwn.org.uk

Venue to be confirmed on booking



Health Resource Centre

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>Little Minds in Mind: Preparing for Baby</p> <p>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.</p>	<p>Parents to be</p>	<p>4 sessions on Mondays</p>
<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>

Aims of the Group	Who's it for?	No. of Sessions
<p>Little Minds in Mind: Baby's Here</p> <p>6 sessions promoting infant mental health, bonding and attachment. Topics include: baby brain development, baby cues, early crying, keeping baby safe and tears and tantrums.</p>	<p>New parents of children aged 0-3 years</p>	<p>6 sessions on Mondays</p>
<p>DARE (Domestic Abuse, Recovery and Education)</p> <p>This is a recovery programme which seeks to give children an opportunity, in a safe and therapeutic way, to move beyond the violence and abuse that has happened in their family.</p>	<p>Survivors and their children (aged between 5 – 16 years) who have been exposed to domestic violence and abuse.</p>	

For more information or to book:

Contact us

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

For **Little Minds in Mind** sessions, please contact **0191 273 3997** or email: lmim@children-ne.org.uk

Venue to be confirmed on booking



The Cowgate Centre

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 'Whats On' and put in your postcode to find activities near you or scan the QR code at the bottom of the page to be taken directly to the Inner West What's On page.

Adult Learning

We offer a variety of informal and accredited courses. To find more or to book a place phone Northern Learning Trust on: **0191 271 0131** or check out Learning Curve Group: <https://www.learningcurvegroup.co.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 278 7878** 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>

SEND

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

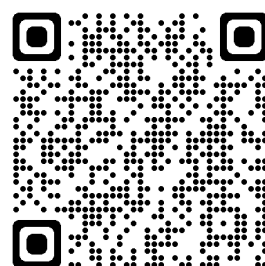
www.newcastlesupportdirectory.org.uk/i-am-child-young-person-local-offer

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>

Scan me for the Inner West What's On page on the Newcastle Support Directory:



Inner West Partners and Venues

Organisation	Address
<p>Action For Children</p> <p>0191 272 4990</p>	<p>Wesley House Bond Court Newcastle upon Tyne NE4 8BA www.actionforchildren.org.uk/</p>
<p>Nunsmoor Centre</p> <p>0191 277 4400</p>	<p>Studley Terrace Fenham Newcastle upon Tyne NE4 5AH newcastleinnerwestenquiries@newcastle.gov.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>
<p>Riverside Community Health Project</p> <p>0191 226 0754</p>	<p>Carnegie House Atkinson Road Newcastle upon Tyne NE4 8XS www.riversidechp.org.uk all@riversidechp.org.uk</p>
<p>Healthworks Health Resource Centre</p> <p>0191 272 4244</p>	<p>Heath Resource Centre Adelaide Terrace Benwell Newcastle upon Tyne NE4 8BE enquires@hwn.org.uk www.healthworksnewcastle.org.uk</p>
<p>Newcastle Action for Parent and Toddler Group Initiative (NAPI)</p> <p>0191 265 6158</p>	<p>Heaton Community Centre Trew hitt Road Newcastle upon Tyne NE6 5DY admin@napi.org.uk www.napi.org.uk</p>

Inner West Partners and Venues

Organisation	Address
Inspire Youth Tyne and Wear 0191 264 1959	The Lemington Centre Tyne View Newcastle upon Tyne NE15 8RZ enquiries@inspireyouthtw.org www.inspireyouthtw.org
Children North East Therapeutic Services 0191 273 3997	4 Graingerville North Westgate Road Newcastle upon Tyne NE4 6UJ
Children North East Communities: The Cowgate Centre 0191 272 7824	Cowgate Centre Houghton Avenue Newcastle upon Tyne NE5 3UT families.admin@children-ne.org.uk www.children-ne.org.uk
West End Women and Girls 0191 273 4942	173 Elswick Road Newcastle upon Tyne NE4 6SQ www.westendwomenandgirls.co.uk

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!