

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 or search on Facebook for Community Family Hub West



Find us on
Facebook



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Our Timetable

Monday			
9.30 - 11.30	St Robert's Carers and Toddler Group Open to all children (NAPI supported)	Cedar Road, Bolbec Road NE4 9PH	£
9.30-11.00	Family Cook, Play and Learn 0-5's	Healthworks Nunsmoor Centre	TT
9.30-12.30	Staff Nurse Baby Clinics Appointments only. Booked via Health Visiting Team.	Nunsmoor Centre	
10.00 -11.30	Monday are Fundays 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	Boogie Bairns for under 2's Join a singing and dancing session for children under 2, and meet other families in your local area. Booking required. Phone 0191 2727824 Or email families.admin@children- ne.org.uk	Children North East Cowgate Centre	TT
10.30 - 11.30	Baby Massage – Need to book, please ring Ayshea on 0191 2260754 or email ayshea@riversidechp.co.uk	Riverside Community Health Project	TT

Our Timetable

Monday			
11.00-13.00	<p>New Beginnings for under 2s. Group for new parents with children under 2. Booking required ring 0191 272 7824 or email: families.admin@children-ne.org.uk</p>	Children North East Cowgate Centre	TT
13.00 -14.30	<p>Early Explorers Napi Supported</p>	Scotswood Gardens Yewcroft Ave, NE15 6TU 0191 2750000	
13.00 - 14.30	<p>Toddle Time Ages 1- 4 years</p>	Riverside Community Health Project.	TT
14.00 - 18.00	<p>Sexual Health Drop In 13 -25 years C Card, Advice, Support, STI Screening and Information</p>	Children North East Young People's Service 4 Graingerville North	
15.30 -17.30	<p>Preparing for Baby Antenatal class for expectant parents. Referral only via your midwife.</p>	Children North East Cowgate Centre	
15.30-18.00	<p>Projects 4 Change Open Access Toastie Club Betty's Hut and Garden 11+ Call us on: 07946 314 037 Email us kelly@projects4change.org</p>	The Cowgate Centre Houghton Avenue Newcastle upon Tyne NE5 3UT	
16.00-17.00	<p>Fit Kidz- 8+ circuit session</p>	Health Resource Centre £2 per session	
16.00 -18.00	<p>Under 16s drop in (11 years to 16 years) Youth activities, cooking and support. No need to book.</p>	Children North East Young People's Service 4 Graingerville North	

Our Timetable

Monday

16.00	Older Lad's session Age 16 years +	North Benwell Youth Project 0191 2983201 email: nbyp1000@btconnect.co m	
18.00	Detached Session For Teenagers	North Benwell Youth Project 0191 2983201 email: nbyp1000@btconnect.co m	

Our Timetable

Tuesday			
9.00 -11.30	Holy Cross Pram Group For under 5's (NAPI supported)	Holy Cross Church Hall, Whittington Grove, NE5 2SA	£
9.30 -11.00	Stay and Play for under 3's A fun filled morning for under 3's, including sensory activities. A great opportunity to meet other local families. Drop in sessions, no need to book	Children North East Cowgate Centre	TT
09.30-12.15	Staff Nurse Baby Clinics Appointments only. Booked via Health Visiting Team.	Riverside Community Health Project	
09.30-12.30	Community Nursery Nurse Development Clinic Appointments only. Booked via Health Visiting Team	Families Matter	
10.30 -11.30	My Baby and Me from 8 weeks to 12 months	Riverside Community Health Project	TT
13.00-14.00	Virtual Breastfeeding Social (via Zoom) Follow Breastfeeding Mams Newcastle on Facebook for more information	Healthworks	
13.30-15.00	Family Cook Play and Learn 0-5 years old	Families Matter Blakelaw Lindfield Avenue NE5 3PL	TT
14.00 -15.40	Community Nursery Nurse Development Clinic Appointments only. Booked via Health Visiting Team	Cowgate Centre	
TBC	Ma Simba Baby Wellness Sessions Contact Nikita nikita@angelou-centre.org.uk	Angelou Centre	

Our Timetable

Tuesday

16.00-17.00	Junior Boxing Session 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	Sporting Chance Community Boxing Club @ The Cowgate Centre	
16.00-17.30	After School Club Success4all Under 10's Free Need to book through Olivia 07588217683	Blakelaw Neighbourhood Centre	
16.30-18.00	Projects 4 Change Open Access Guardians of the Garden Environmental Group 11+ Call us on: 07946 314 037 Email us kelly@projects4change.org	The Cowgate Centre Houghton Avenue Newcastle upon Tyne NE5 3UT	
16.30-17.30	Girls Group Ages 11-13 0191 2983201 email: nbyp1000@btconnect.com	North Benwell Youth Project	

Our Timetable

Tuesday

17.00-19.00	Tuesday Club 5-11 year olds girls Tel number 0191 2734942	West End Women and Girls	
17.00 -19.00	Teenage Safe 4 Life For girls aged 11-13 yrs and 14-17 yrs Domestic abuse recovery course supporting victims and survivors on their journey to safety. Contact Rochelle Artus	West End Women and Girls	
17.45	Fitness Sessions (Running) Open group 0191 2983201 email: nbyp1000@btconnect.com	North Benwell Youth Project	

Our Timetable

Wednesday			
09.30-11.30	Walk and Talk First hour gentle fitness in the park Second hour –optional social session for parents back at the centre.	Nunsmoor Centre	
09.30-10.30	Boogie Bairns 0-2's year olds No need to book, just come along. Spaces are allocated on a first come first serve basis.	Health Resource Centre	
09.30-12.30	Staff Nurse Baby Clinics Appointments only. Booked via Health Visiting Team.	Cowgate Centre	
10.00-11.30	Breastfeeding Social Group For more information please send a message or call on 07826531575	Healthworks Nunsmoor Centre	
10.00-12.00	Food And Fuel For All Adults only, for parents with children 5+ For more information contact 0191 2260754	Riverside Community Health Project	

Our Timetable

Wednesday			
10.00-12.00	<p>Supporting Your Autistic Child Workshop</p> <p>To book please contact Kerrie Highcock on 0191 4109974 or Kerrie.highcock@ne-as.org.uk</p>	<p>Nunsmoor Centre 05/01,02/02,02/03, 06/04,04/05</p>	
13.00-14.30	<p>Rainbow Borrowers</p> <p>Toy loan service</p> <p>These sessions are dedicated for children with additional needs, and their families</p> <p>For more information ring NAPI on 0191 2656158</p>	<p>Health Resource Centre Adelaide Terrace NE4 8BE 05/01,02/02,02/03,06. 04</p>	TT
13.00-15.00	<p>Fuel and Food—Cooking Together</p> <p>Practical cooking sessions; cooking on a budget, cooking from scratch and different types of cooking methods</p> <p>Booking required Phone 0191 2727824 Or email families.admin@children-ne.org.uk</p>	<p>Children North East Cowgate Centre</p>	
13.00-15.30	<p>Autism Hub Drop In</p> <p>To book please contact Kerrie Highcock on 0191 4109974 or Kerrie.highcock@ne-as.org.uk</p>	<p>Nunsmoor Centre 05/01,02/02,02/03, 06/04,04/05</p>	

Our Timetable

Wednesday			
14.00-15.40	Community Nursery Nurse Developmental Clinic Appointments only. Book via Health Visiting Team.	Cowgate Centre	
16.00 -17.30	FAB Group: 11yrs – 18yrs 1st Wednesday of the month, alternate months, for young people with disabilities Booking required, please contact: Stephanie.weighill-cole@children- ne.org.uk 0191 2733997 07724868606	Children North East Young People Service 4 Graingerville North,	
16.30 -17.30	Young Drillers Boys aged 13+ 0191 2983201 email: nbyp1000@btconnect.com	North Benwell Youth Project	
16.30 -18.30	Music with Adam 0191 2983201 email: nbyp1000@btconnect.com	North Benwell Youth Project	
17.30 -18.30	Key groups 11+ Tel Number 0191 2983201 email: nbyp1000@btconnect.com	North Benwell Youth Project	
18.00	Detached Session For Teeangers 0191 2983201 email: nbyp1000@btconnect.com	North Benwell Youth Project	

Our Timetable

Thursday			
9.15 - 10.30	Breakfast Stay and Play For 12 months to 4 years. Breakfast is provided	Riverside Community Health Project	TT
9.15-12.15	Community Nursery Nurse Developmental Clinic Appointments only. Book via Health Visiting Team.	Riverside Community Health Project	
9.30 -11.00	Stay and Play for under 3s A fun filled morning for under 3's, including sensory activities. A great opportunity to meet other local families. Drop in sessions, no need to book	Children North East Cowgate Centre	TT
9.30 -11.15	Nunsmoor Parent and Toddler Group 0-5yrs ring to book 0191 2774400	The Nunsmoor Trust Nunsmoor Centre	£1 suggested TT
9.30 -11.30	Kelly's Parent and Toddler Group open to every child under 5 (NAPI supported)	Denton Burn Methodist Church, West Road, Denton Burn, NE15 7E	£
10-11.30	Sensory Baby For 0-12 months No booking required	Health Resource Centre Adelaide Terrace	
12.00- 13.00	Toy Library Drop-in New toys and games suitable for babies, toddlers and pre-school children	The Nunsmoor Trust Nunsmoor Centre	£ TT

Our Timetable

Thursday			
12.30-16.00	Community Nursery Nurse Developmental Clinic Appointments only. Book via Health Visiting Team.	Health Resource Centre Adelaide Terrace	
13.00 - 14.00	Boogie Bairns From 8 weeks to 2 years	Riverside Community Health Project	TT
13.00 -15.00	Young Mums 0191 2983201 email: nbyp1000@btconnect.com	North Benwell Youth Project	
14.00 -18.00	Sexual Health Drop In 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	
15.15 -16.15	Rainbow Warriors (Girls) aged 14+ 0191 2983201 email: nbyp1000@btconnect.com	North Benwell Youth Project	
15.30-18.00	Projects4Change Open Access Toastie Club Betty's Hut and Garden 11+ Call us on: 07946 314 037 Email us	The Cowgate Centre Houghton Avenue Newcastle upon Tyne NE5 3UT	

Our Timetable

Thursday			
16.00 -17.00	BB Group Mixed session 8 to 11 years	North Benwell Youth Project	
16.00-17.30	After School Club Success4all Under 10's Free Need to book through Olivia 07588217683	Blakelaw Neighbourhood Centre	
16.00-17.30	Junior Youth Club 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	
16.00-18.00	Over 16s drop in (16 years to 25 years) Youth activities, cooking and support. No need to book.	Children North East Young People's Service 4 Graingerville North	
16.30 -17.30	Happy Hands Group 4-6 year olds craft club Drop in sessions, no need to book	Children North East Cowgate centre	TT
16.30 -17.30	Kids can Cook 7-12years Delivered by Healthworks Booking required ring 0191 2727824 or email families.admin@children-ne.org.uk	The Cowgate Centre	TT
16.30 -18.30	Girls Club Make a Noise 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	

Thursday

17.30 -19.30	Older Girls 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	Clarewood Girls Group 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	Young People's Committee 0191 2983201 email: nbyp1000@btconnect.com	North Benwell Youth Project	

Our Timetable

Friday			
09.00-10.45	Broadwood Toddlers Open to every child under 5 Napi Supported	Broadwood Primary School Broadwood Road NE15 7TB	TT £
9.30 -11.30	St Robert's Carers and Toddler Group Open to all children (NAPI supported)	Cedar Road, Bolbec Road NE4 9PH	£
09.30-12.30	Community Nursery Nurse Development Clinic Appointments only. Booked via Health Visiting Team.	Nunsmoor Centre	
10.00 -11.00	Tots of Fun for under 3's Stay and Play session for Dads, Grandads and male carers. Drop in session, no need to book	Children North East Cowgate Centre	TT
10.00 -11.30	Story Time and Snack 0-5s 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	Al-Ihsan Mother, Baby and Toddler Group. 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	Pendower Good Neighbour Project Toddlers for under 5s (NAPI supported)	14 Sunny Bank Avenue, Pendower, NE15 6AR	£

Our Timetable

Friday			
10.15 –11.45	Westgate Road Baptist Toddlers for under 5's (NAPI supported)	Westgate Hill Baptist Church,366, Westgate Road NE4 6NX	£
11.00 -14.00	Education, Employment, Training Support 16+ email: nbyp1000@btconnect.com	North Benwell Youth Project 0191 2983201	
13.00-15.00	English Conversation Class Email n.e.s.t@outlook.com	Nunsmoor Centre	
16.00 –17.00	Gucci Gang (boys) 8-11 year olds 0191 2983201 email: nbyp1000@btconnect.com	North Benwell Youth Project	
16.30-18.30	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 rhoda.morrow@children-ne.org.uk	Children North East Young Peoples Service 4 Graingerville North 0191 2733997 From 5 th November	

Saturday

09.45-10.30	Jellyfish and Bees @ St J's & B's Napi Supported	St James and St Basils Church Fenham Hall Drive NE4 9EJ	£
10-11.30	Family Cook Play and Learn 0-10's years old	Health Resource Centre	

Our Digital activities

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

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/>

Healthworks Resource Library

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

Useful links for help, advice and support:

Parent Talk - Support for Parents from Action For Children

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

Start4Life (www.nhs.uk) - NHS help and advice during pregnancy, birth and parenthood

Contact

<https://contact.org.uk/health-for-families/information-advice-services>



Inner West and Partners' venues

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

For up to date information on NAPI supported activities ring 0191 2656158 or visit: 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



Inner West's and Partners' venues

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

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 https://children-ne.org.uk https://www.facebook.com/ ChildrenNorthEast

Venue	Address
Children North East Young Peoples Service: 0191 273 3997	4 Graingerville North Westgate Rd Young People - Children North East (children-ne.org.uk)



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 West End Women & Girls Centre Facebook
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