

WHAT'S ON IN THE OUTER WEST

Autumn Term 2023



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 Outer West Locality. This guide runs up to the end of the school Autumn Term.

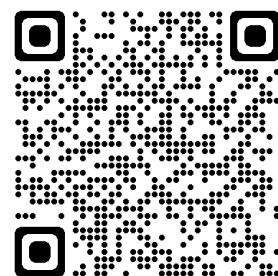
Contact us

- Call [0191 277 7800](tel:01912777800) (Monday to Friday, 8.30am to 4.30pm)
- Email: newcastleouterwestenquiries@newcastle.gov.uk

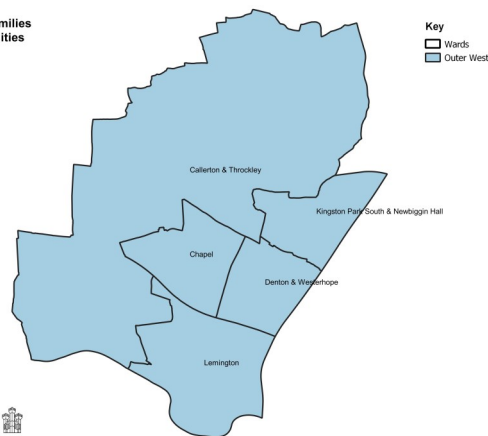


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Newcastle, Outer West or scan the
QR code:



Children and Families
Newcastle Localities
OUTER WEST



Newcastle
City Council

Where are we?

We welcome families from across the city. Our Outer West community hubs at the Galafield Centre and Lemington Centre are closest to:

- Callerton and Throckley
- Chapel
- Denton and Westerhope
- Kingston Park South and Newbiggin Hall
- Lemington

Monday

Time	Activity	Venue	£ / TT
9.30am-11.30am	Health Visitor Baby Clinic Drop-In Clinic no appointment needed	Galafield Centre NE5 1LZ	
9.00am-12.00pm	Galafield Foodbank Proof of income/ID must be provided	Galafield Centre NE5 1LZ	
9.00am-12.00pm	Citizens Advice Drop-in Session Information, advice and guidance	Galafield Centre NE5 1LZ	
9.30am-11.00am	Galafield Parent and Toddler Group Open to all children under 5 Supported by NAPI.	Galafield Centre NE5 1LZ	£ TT
9.45am-11.15am	St. John's Parent and Toddler Group Open to all children under 4 Supported by NAPI	Stamfordham Road NE5 1NN	£ TT
9.45am-11.15am	Baby Social Welcoming and friendly with a wide range of activities and play for the development of your baby. For babies 0-12 months.	Galafield Centre NE5 1LZ	TT
10.45am-11.30am	Keep Moving Low impact, low intensity exercise class for adults	Lemington Centre NE15 8RZ	£
1.00pm-2.00pm	Healthworks: Baby Massage For non-mobile babies. To book a space, please phone: 0191 264 1959	Galafield Centre NE5 1LZ	TT *
1.00pm-2.45pm	Little Treasures Toddler Group Our group is welcoming and friendly. We are open to every child under 5. <i>Runs fortnightly</i>	Westerhope Methodist Church NE5 5HA	£ TT
1.00pm-4.00pm	Community Nursery Nurse Development Checks Appointment only, please book via your health visitor or phone: 0191 282 3319	Galafield Centre NE5 1LZ	*
4.30pm-8.00pm	CM Dance Academy For more information contact Chantal on: 07966 027545 or email chantal.mccartney@hotmail.com	Galafield Centre NE5 1LZ	£

£ a small fee applies

TT Term Time only

* booking required

Monday continued

Time	Activity	Venue	£ / TT
3.30pm-5.00pm	Inspire Youth: Lemington Youth Club Under 8s: ages 5-8 years (3.30-5.00)	Lemington Centre NE15 8RZ	TT
3.30pm-6.30pm	Inspire Youth: Throckley Youth Club Under 8s: ages 5-8 years (3.30-5.00) Inters: ages 11-14 years (5.00-6.30)	Throckley Community Hall NE15 9EL	TT
6.00pm-7.30pm	Inspire Youth: Charlton Street Girls Group (6.00-7.30)	Lemington Centre NE15 8RN	TT
3.30pm-8.30pm	Inspire Youth: Holy Spirit Youth Club Under 8's (3.30-5.00) Over 8's (5.15-6.45) Inters: ages 11-14 years (7.00-8.30)	Holy Spirit Church NE5 2BE	TT
5.00pm-7.00pm	Lemington Youth Session Run by NE Youth. For ages 11-16 years. For more information, please contact: haley@neyouth.org.uk	Sports Pavillion Lemington NE15 8BB	TT

Tuesday

Time	Activity	Venue	£ / TT
9.00am-4.00pm	Learning Hive Support to look for work, job applications, CVs, interview skills, English, Maths, ICT For more information contact Harriet on 07918 627758 or email hthirkell@northernlearningtrust.org.uk	Galafield Centre NE5 1LZ	
9.30am-11.00am	Galafield Parent and Toddler Group Open to all children under 5 Supported by NAPI.	Galafield Centre NE5 1LZ	£ TT
12.45pm-2.15pm	Cooking on a Budget A three week cooking course using everyday ingredients. Starting 12th September	Galafield Centre NE5 1LZ	TT

£ a small fee applies

TT Term Time only

* booking required

Tuesday continued

Time	Activity	Venue	£ / TT
9.15am-10.45am	Walbottle Village Primary School Parent and Toddler Group Our group is welcoming and friendly. We are open to every child under 4	The Green Walbottle NE15 8JL	£ TT
9.30am-11.30am	Tiny Tots Our group is welcoming and friendly. We are open to every child under 2 ½ years. Supported by NAPI	St Johns Church Kingston Park Centre NE3 2HB	£ TT
1.00pm-2.30pm <i>Monthly</i>	Rainbow Borrowers Supported by NAPI. Free toy loan service and play session for children under 5 with additional needs and their families. For dates and to register please phone: 0191 265 6158	Galafield Centre NE5 1LZ	TT
1.00pm-2.30pm	Healthworks: Messy Play For children aged 0-5. For more information, please phone: 0191 264 1959	Lemington Centre NE15 8RZ	TT
3.30pm-6.45pm	Inspire Youth: Lemington Youth Club Over 8 years (3.30-5.00) Inters: Ages 11-14 years (5.15-6.45)	Lemington Centre NE15 8RZ	TT
5.30pm-7.30pm	Projects4Change: Non-Binary Group For ages 13+. Every other Tuesday starting 5th September. For more information, please phone: 07946 314037	Galafield Centre NE5 1LZ	TT
6.00pm-9.00pm	Bingo For more information, please phone: 0191 286 4046	Galafield Centre NE5 1LZ	£

Wednesday

Time	Activity	Venue	£ / TT
9.00am-12.00am	Galafield Foodbank Proof of income/ID must be provided	Galafield Centre NE5 1LZ	
9.00am-4.00pm	Learning Hive For more information contact Harriet on 07918 627758 or hthirkell@northernlearningtrust.org.uk	Galafield Centre NE5 1LZ	
12.00pm-2.30pm	Health Visitor Baby Clinic Drop-In Clinic no appointment needed	Charlton Street Lemington NE15 8RN	
12.00pm-3.30pm	Community Nursery Nurse Development Checks Appointment only, please book via your health visitor or phone 0191 282 3319	Charlton Street Lemington NE15 8RN	*
10.00am-11.00am	Healthworks: Baby Massage For non-mobile babies. To book a space, please phone: 0191 264 1959	Charlton Street NE15 8RN	*
10.00am-11.30am	Noah's Ark Baby Toddler group Open to all children under 5 Supported by NAPI.	Parish Hall Station Road NE15 8LS	£ TT
1.30pm-3.00pm	Healthworks: Cook, Play and Learn Fun family session for children 0-5 years and their parents and carers.	Galafield Centre NE5 1LZ	TT
1.00pm-2.30pm	Healthworks: Breastfeeding Social Ran by Breastfeeding Mams. For more information please phone: 07826 531575	Charlton Street Lemington NE15 8RN	
9.00am-3.00pm <i>Monthly</i>	Autism Hub: Workshops and one to one appointments For more information or to book an appointment, contact: Kerrie Highcock on: 0191 410 9974 or email kerrie.highcock@ne-as.org.uk	Galafield Centre NE5 1LZ	*

£ a small fee applies

TT Term Time only

* booking required

Wednesday continued

Time	Activity	Venue	£ / TT
9.00am-12.00pm	Employment/Benefits Support Drop- In Fortnightly starting 13th September	Charlton Street Lemington NE15 8RN	
11.00am-12.00pm	Children North East - Little Minds in Mind Watch Me Play - Therapeutic Drop-In For parents and carers of baby's 0-2. Advice and support with baby led play to support bonding and attachment. For more information contact: 0191 273 3997	Galafield Centre NE5 1LZ	
3.30pm-5.00pm	Inspire Youth: Throckley Youth Club Over 8s: ages 8-12	Throckley Community Hall NE15 9EL	TT
4.30pm-8.00pm	CM Dance Academy For more information contact Chantal on: 07966 027545 chantal.mccartney@hotmail.com	Galafield Centre NE5 1LZ	£
6.15pm-7.45pm	Inspire Youth: Galafield Girls' Group Ages 11-16 years	Galafield Centre NE5 1LZ	TT
6.00pm-8.00pm	Throckley Youth Session Ran by NE Youth. Ages 11-16. For more information, please contact: haley@neyouth.org.uk	Throckley Pavillion NE15 9EU	TT

Thursday

Time	Activity	Venue	£ / TT
9.00am-11.00am	West Denton Church Toddler Group Our group offers a wide range of activities which are suitable for all children under 5	Middlegate West Denton NE5 5AY	£ TT
9.30am-11.30am	Little Fishes Parent and Toddler Group Open to all children under 5. Supported by NAPI	Holy Nativity Church NE5 1DR	£ TT
1.30pm-3.00pm	SEND Drop-In Play Session A fun play session for children with additional needs. Supported by professionals	Charlton Street Lemington NE15 8RN	TT

£ a small fee applies

TT Term Time only

* booking required

Thursday continued

Time	Activity	Venue	£ / TT
10.00am-11.00am	YHN Drop-in Housing information, advice and enquiries	Galafield Centre NE5 1LZ	
9.30am-11.30am	Outer West Health Visiting Team Are offering weekly workshops covering: Introducing solids, toilet training, sleep and behaviour. For more information and to book phone: 0191 282 3319	Charlton Street Lemington NE15 8RN	*
1.30pm-3.00pm	Healthworks: Sensory Baby For babies 0-12 months To book a place, please text - 07961 734298	Galafield Centre NE5 1LZ	TT
4.30pm-8.00pm	CM Dance Academy For more information contact Chantal on: 07966 027545 or email chantal.mccartney@hotmail.com	Galafield Centre NE5 1LZ	£
12.30pm-2.30pm	Antenatal Classes 4 workshops for expectant mothers run by Midwifery, Health Visiting, Healthworks and Action for Children to book phone: 0191 2823319	Galafield Centre NE5 1LZ	
6.00pm-7.30pm	Inspire Youth: Charlton Street Ages 12+ years	Charlton Street Lemington NE15 8RN	TT
6.00pm-8.00pm	Throckley Youth Session Run by NE Youth. Ages 11-16. For more information, please contact: haley@neyouth.org.uk	Throckley Pavillion NE15 9EU	TT

Friday

Time	Activity	Venue	£ / TT
10.00am-11.30am	SEND Parent Support Group A fun play session for children with additional needs. Supported by professionals	Galafield Centre NE5 1LZ	TT
9.00am-11.00am	Coffee Morning– Coming soon! Try new crafts, make new friends and have a say in your community	Charlton Street Lemington NE15 8RN	TT

£ a small fee applies

TT Term Time only

* booking required

Friday continued

Time	Activity	Venue	£ / TT
10.00am-11.30am	Healthworks: Sensory Baby Free family sensory sessions for babies up to 12 months. Book a place by text on: 07961 734 298	Lemington Centre NE15 8RZ	
9.30am-11.00am	Health Visitor Baby Clinic Drop-In Clinic no appointment needed	Throckley Medical Centre NE15 9PA	
9.30am-11.00am	CHADCA Parent and Toddler Group Open to all children under 5 Supported by NAPI	CHADCA Hanover Close NE5 1EG	£ TT
9.30am-11.00am	Adults' Yoga For more information phone: 0191 264 1959	Lemington Centre NE15 8RZ	£ *
3.30pm-7.00pm	Inspire Youth Galafield Youth Club Juniors: ages 5-10 years (3.30-5.00) Inters: ages 11-14 years (5.30-7.00)	Galafield Centre NE5 1LZ	TT

Saturday

Time	Activity	Venue	£ / TT
9.30am-4.30pm	CM Dance Academy For more information contact Chantal on: 07966 027545 chantal.mccartney@hotmail.com	Galafield Centre NE5 1LZ	£
6.00pm-9.00pm	Bingo For more information, please phone: 0191 286 4046	Galafield Centre NE5 1LZ	£

Coming Soon

Galafield and Charlton Street Coffee Mornings
Try new crafts, make new friends and have your say in your community

Galafield Family Space
An afterschool space for families

£ a small fee applies

TT Term Time only

* booking required

Groupwork Programmes

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

For more information or to book:

- Email: responsivegroups@actionforchildren.org.uk

Aims of the Group	Who's it for?	No. of Sessions
My Child and Me - Coming soon Down to earth, straight talking parenting tips and tools to support positive parenting.	Parents/carers who need support around behaviour or to gain more confidence in their parenting skills.	3 weekly Sessions
Women's Wellbeing - Coming soon 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, feelings, and behaviour.	Young People will be grouped depending on their age. Individual and Groupwork	Individual: 4-6 sessions Groupwork: 6 weekly Sessions

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 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.	Parents/carers who have children aged 0-19	10 sessions (2 hours) Starting 14/09/23
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 Starting 13/09/23

Coming soon

Children North East - Little Minds in Mind

Preparing for Baby

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.

Booking Required

Baby's Here

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.

Booking Required

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.

Adult Learning

We offer a variety of informal and accredited courses. To find more or to book a place phone **0191 271 0131**

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>

Outer West Partners and Venues

Organisation	Address
Galafield Centre 0191 277 7800	Newbiggin Lane Newcastle upon Tyne NE5 1LZ newcastleouterwestenquiries@newcastle.gov.uk
Charlton Street Lemington 0191 277 7800	Charlton Street Lemington Newcastle upon Tyne NE15 8RN newcastleouterwestenquiries@newcastle.gov.uk
Healthworks The Lemington Centre 0191 264 1959	The Lemington Centre Tyne View Newcastle upon Tyne NE15 8RZ enquiries@hwn.org.uk www.healthworksnewcastle.org.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
North East Action for Children Parent and Inclusion (NAPI) 0191 265 6158	Heaton Community Centre Trew hitt Road Newcastle upon Tyne NE6 5DY admin@napi.org.uk www.napi.org.uk

Outer West Partners and Venues

Organisation	Address
Projects 4 Change 07946 314037	The Cowgate Centre Houghton Avenue Newcastle upon Tyne NE3 3UT kelly@projects4change.org www.projects4change.org
CM Dance Galafield Centre 07966 027545	Newbiggin Lane Newcastle upon Tyne NE5 1LZ Chantal.mccartney@hotmail.com
NE Youth 0191 499 0571	The New Inn Bridge Street Blaydon NE21 4JJ neyouth.org.uk

Cooking on a Budget

A free 3 week Cookery Class

using everyday ingredients

every Tuesday 12.45pm - 2.15pm

at the Galafield Centre

Newbiggin Lane, NE5 1LZ

Please call: 0191 277 7800 to book a place

Galafield Soft Play



Galafield Centre Soft Play drop in sessions - no booking needed and 10 children max per session. Under 6 year olds. £2 per child to be paid at the Cafe.

Monday - 11:00am-12:00pm & 12:30pm-1:30pm

Tuesday - 11:00am-12:00pm & 12:30pm-1:30pm

Wednesday - 11:00am-12:00pm & 12:30pm-1:30pm

Thursday - 9:30am-10:30am, 11:00am-12:00pm & 12:30pm-1:30pm

Waiver form to be completed upon payment at the Cafe.



SEND Parent Support Group

Does your child have special educational needs or a disability?

Would you like to talk to other parents or get advice from professionals?

Drop-in to our SEND Parent Support Group for friendly advice or just a chat and a cuppa.

Whether your child has a formal diagnosis or not we're here to help.

Session 1 - Stay and play available for children under 6.

Where: Charlton Street Family Hub, Charlton Street, Lemmington Newcastle upon Tyne, NE15 8RN

When: Thursdays, Term Time Only

Time: 1.30pm to 3.00pm

Session 2 - Soft play available for stay and play.

Where: Galafield Centre, Newbiggin Lane, Newcastle upon Tyne, NE5 1LZ

When: Fridays, Term Time Only

Time: 10am to 11.30am



Galafield Community Cafe

**Come and enjoy delicious
home cooked food**

**Open Monday - Thursday
8:30am - 2:30pm**

Galafied Centre, Newbiggin Lane, NE5 1LZ

Tel: 0191 277 7800

