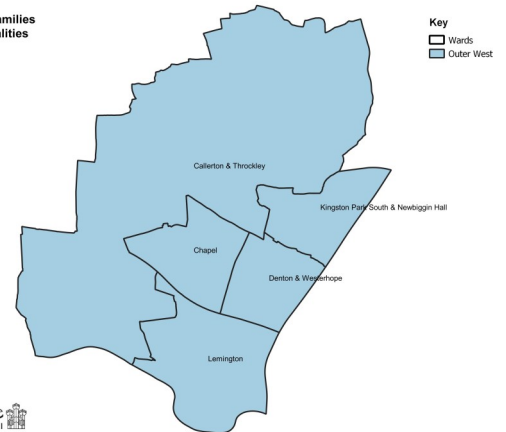


What's On In The Outer West

Spring Term 2024



Children and Families
Newcastle Localities
OUTER WEST



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 Spring Term.

Where are we?

We welcome families from across the city. Our Outer West community hubs at the Galafield Family Hub and Charlton Street Hub are closest to:

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

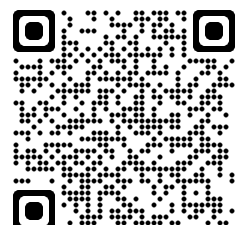
Contact us

- Call 0191 2777 800 (Monday to Friday, 8.30am to 4.30pm)
- Email: newcastleouterwestenquiries@newcastle.gov.uk



Find us on
Facebook

Search Children and Families
Newcastle Outer West or
scan the QR code



Monday

Time	Activity	Venue	£ / TT
9.30am-11.30am	Health Visitor Baby Clinic Drop-In Clinic no appointment needed	Galafield Family Hub NE5 1LZ	
9.00am-12.00pm	Galafield Foodbank Proof of income/ID must be provided	Galafield Family Hub NE5 1LZ	
9.00am-12.00pm	Citizens Advice Drop-in Session Information, advice and guidance	Galafield Family Hub NE5 1LZ	
9.30am-11.00am	Galafield Parent and Toddler Group Open to all children under 5 Supported by NAPI	Galafield Family Hub NE5 1LZ	£ 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 Family Hub 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
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 contact: 0191 264 1959	Galafield Family Hub 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 contact: 0191 282 3319	Galafield Family Hub NE5 1LZ	*
4.30pm-8.00pm	CM Dance Academy For more information contact Chantal on: 07966 027545 or email chantal.mccartney@hotmail.com	Galafield Family Hub 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 (3.30-5.00pm)	Lemington Centre NE15 8RZ	TT
3.30pm-6.30pm	Inspire Youth: Throckley Youth Club Under 8s: ages 5-8 years (3.30-5.00pm) Inters: ages 11-14 years (5.00-6.30pm)	Throckley Community Hall NE15 9EL	TT
6.00pm-7.30pm	Inspire Youth: Charlton Street Girls Group (6.00-7.30pm)	Lemington Centre NE15 8RN	TT
3.30pm-8.30pm	Inspire Youth: Holy Spirit Youth Club Under 8's (3.30-5.00pm) Over 8's (5.15-6.45pm) Inters: ages 11-14 years (7.00-8.30pm)	Holy Spirit Church NE5 2BE	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 hthinkell@northernlearningtrust.org.uk	Galafield Family Hub NE5 1LZ	
9.30am-11.00am	Galafield Parent and Toddler Group Open to all children under 5 Supported by NAPI	Galafield Family Hub NE5 1LZ	£ TT
12.45pm-2.15pm	Cooking made easy A cooking course using everyday store cupboard staples. Please contact: 0191 277 7800 to book a place	Galafield Family Hub NE5 1LZ	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

£ a small fee applies

TT Term Time only

* booking required

Tuesday continued

Time	Activity	Venue	£ / 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>Every other week</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 contact: 0191 265 6158	Galafield Family Hub NE5 1LZ	TT
1.00pm-2.30pm	Healthworks: Messy Play For children aged 0-5. For more information, please contact: 0191 264 1959	Galafield Family Hub NE5 1LZ	TT
1.00pm-2.30pm	Healthworks: Messy Play For children aged 0-5. For more information, please contact: 0191 264 1959	Lemington Centre NE15 8RZ	TT
3.30pm-5.00pm	Family Space An afterschool space for families. Come along and enjoy a snack and drink, with fun activities and entertainment	Galafield Family Hub NE5 1LZ	TT
3.30pm-6.45pm	Inspire Youth: Lemington Youth Club Over 8 years (3.30-5.00) Inters: Ages 11-14 years (5.15-6.45pm)	Lemington Centre NE15 8RZ	TT
5.00pm-7.00pm	Lemington Youth Session Run by NE Youth. For ages 11-16 years. For more information, please contact: holly@neyouth.org.uk	Sports Pavillion Lemington NE15 8BB	TT
6.00pm-9.00pm	Bingo For more information, please contact: 0191 286 4046	Galafield Family Hub NE5 1LZ	£

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!

Wednesday

Time	Activity	Venue	£ / TT
9.00am-12.00am	Galafield Foodbank Proof of income/ID must be provided	Galafield Family Hub NE5 1LZ	
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 Family Hub NE5 1LZ	*
9.00am-4.00pm	Learning Hive For more information contact Harriet on 07918 627758 or hthinkell@northernlearningtrust.org.uk	Galafield Family Hub NE5 1LZ	
9.30am-11.00am	Coffee Morning Weekly drop-in open to all. Come along and make new friends, try different crafts and have a say in your local community	Galafield Family Hub NE5 1LZ	TT
10.00am-11.00am	Healthworks: Baby Massage For non-mobile babies. To book a space, please contact: 0191 264 1959	Charlton Street Hub 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
10.00am-11.30am	Pregnancy Social Ran by Best Start at Healthworks For more information contact: 07826 531 575	Galafield Family Hub NE5 1LZ	
10.00am-12.00pm	Children North East - Little Minds in Mind Drop in Session Advice and support for parents and carers of baby's 0-2. For more information contact: 0191 273 3997	Galafield Family Hub NE5 1LZ	
12.00pm-2.30pm	Health Visitor Baby Clinic Drop-In Clinic no appointment needed	Charlton Street Hub NE15 8RN	

£ a small fee applies

TT Term Time only

* booking required

Wednesday continued

Time	Activity	Venue	£ / TT
12.00pm-3.30pm	Community Nursery Nurse Development Checks Appointment only, please book via your health visitor or contact: 0191 282 3319	Charlton Street Hub NE15 8RN	*
1.00pm - 2.00pm	Children North East - Little Minds in Mind Drop in Session Advice and support for parents and carers of baby's 0-2. For more information contact: 0191 273 3997	Charlton Street Hub NE15 8RN	
1.00pm-2.30pm	Healthworks: Breastfeeding Social Ran by Breastfeeding Mams. For more information please contact: 07826 531575	Charlton Street Hub NE15 8RN	
1.30pm-3.00pm	Healthworks: Cook, Play and Learn Fun family session for children 0-5 years and their parents and carers	Galafield Family Hub NE5 1LZ	TT
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 Family Hub NE5 1LZ	£
5.30pm-7.30pm	Projects4Change: Trans and non Binary Group For ages 13+. Every other Wednesday starting 10th January. For more information, contact Kelly: 07946 314037	Galafield Family Hub NE5 1LZ	TT
6.00pm-8.00pm	Throckley Youth Session Ran by NE Youth. Ages 11-16. For more information, please contact: holly@neyouth.org.uk	Throckley Pavillion NE15 9EU	TT
6.15pm-7.45pm	Inspire Youth: Galafield Girls' Group Ages 11-16 years	Galafield Family Hub NE5 1LZ	TT

£ a small fee applies

TT Term Time only

* booking required

Thursday

Time	Activity	Venue	£ / TT
9.00am-11.00am	Coffee Morning Weekly drop-in open to all. Come along and make new friends, try different crafts and have a say in your local community	Charlton Street Hub NE15 8RN	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
9.30am-11.30am	Outer West Health Visiting Team Weekly workshops covering: Introducing solids, toilet training, sleep and behaviour. For more information and to book contact: 0191 282 3319	Charlton Street Hub NE15 8RN	*
10.00am-11.00am	Your Homes Newcastle Drop-in Housing information, advice and enquiries	Galafield Family Hub NE5 1LZ	
10.00am-11.30am	Start For Life Fun and engaging session for children 0-2 to learn through play, songs and stories	Charlton Street Hub NE15 8RN	TT
12.30pm-2.30pm	Antenatal Classes 4 workshops for expectant mothers run by Midwifery, Health Visiting, Healthworks and Action for Children. To book contact: 0191 2823319	Galafield Family Hub NE5 1LZ	
1.30pm-3.00pm	Healthworks: Sensory Baby For babies 0-12 months To book a place, please text - 07961 734298	Galafield Family Hub NE5 1LZ	TT
1.30pm-3.00pm	SEND Parent & Carer Support Group A safe space for parents/carers to get low level support and advice	Charlton Street Hub NE15 8RN	TT
4.30pm-8.00pm	CM Dance Academy For more information contact Chantal on: 07966 027545 or email chantal.mccartney@hotmail.com	Galafield Family Hub NE5 1LZ	£

£ a small fee applies

TT Term Time only

* booking required

Thursday continued

Time	Activity	Venue	£ / TT
6.00pm-7.30pm	Inspire Youth: Charlton Street Ages 12+ years	Charlton Street Hub NE15 8RN	TT
6.00pm-8.00pm	Throckley Youth Session Run by NE Youth. Ages 11-16. For more information, please contact: holly@neyouth.org.uk	Throckley Pavillion NE15 9EU	TT

Friday

Time	Activity	Venue	£ / TT
10.00am-11.30am	SEND Parent & Carer Support Group A safe space for parents/carers to get low level support and advice	Galafield Family Hub NE5 1LZ	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
3.30pm-7.00pm	Inspire Youth Galafield Youth Club Juniors: ages 5-10 years (3.30-5.00) Inters: ages 11-14 years (5.15-6.45)	Galafield Family Hub NE5 1LZ	TT

£ a small fee applies

TT Term Time only

* booking required

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 Family Hub NE5 1LZ	£
6.00pm-9.00pm	Bingo For more information, contact: 0191 286 4046	Galafield Family Hub NE5 1LZ	£

Groupwork Programmes

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

For more information or to book:

- Email: Childrenfamiliesnewcastle-outerwest@newcastle.gov.uk
- Drop into Galafield Family Hub or Charlton Street Hub

Aims of the Group	Who's it for?	No. of Sessions
Women's Wellbeing Improve your emotional health and wellbeing through use of creative activities to build self-confidence and self-esteem. Make new friends and have fun!	Women over 18 years	6 sessions (one a week)



£ a small fee applies

TT Term Time only

* booking required


Groupwork Programmes

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

Aims of the Group	Who's it for?	No. of Sessions
<p>Decider Skills</p> <p>The Decider Skills use Cognitive Behaviour Therapy to teach children, young people and adults the skills to recognise their own thoughts, feelings and behaviours, enabling them to monitor and manage their own emotions and mental health. Courses run once a half term for 6 weeks. Young people and parents attend together.</p> 	<p>School age children and their parents</p>	<p>6 Sessions (one a week)</p>
<p>Parents 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>10 weeks</p> <p>Starting 18th January at Gosforth Library</p>
<p>Incredible Years home coaching</p> <p>Learn new parenting skills, be supported as you practice these skills, and grow confidence and pride in yourself to be able to handle the ups and downs of parenting. Topics include:</p> <ul style="list-style-type: none"> • How to communicate effectively with your child • How to use set limits (rules and routines) • How to use praise and rewards 	<p>Parents and carers of 3-4 year olds</p>	<p>14 sessions (delivered at home)</p>

Groupwork Programmes

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

Aims of the Group	Who's it for?	No. of Sessions
<p>Solihull: Understanding your baby</p> <p>This course provides information on:</p> <ul style="list-style-type: none"> • How your babies brain develops and how you can support this. • How you and baby may be feeling and what can be helpful to support you both. • Ways to sensitively respond to babies crying, develop healthy sleep patterns and responsive feeding. • Understanding more about babies development and how play supports this. 	<p>Parents/ carers with babies 0-9months</p>	<p>6 sessions (2 hours once a week)</p>
<p>Solihull: Understanding your child</p> <p>This parenting course helps parents and carers to understand children's behaviour and development. It helps 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><small>UNDERSTANDING YOUR CHILD</small></p>  <p><small>SOLIHULL APPROACH</small></p>	<p>Parents/ carers who have children aged 9 months-19 years</p>	<p>10 sessions (2 hours once a week)</p>

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:

Childrenfamiliesnewcastle-outerwest@newcastle.gov.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 Family Hub 0191 277 7800	Newbiggin Lane Newcastle upon Tyne NE5 1LZ newcastleouterwestenquiries@newcastle.gov.uk
Charlton Street Hub 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 made easy

A cooking course using everyday store cupboard staples.
Please contact: **0191 277 7800** to book a place

"I learned a lot
and the food
was delicious"



Galafield Soft Play



Galafield Family Hub 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 - 9:30am-10:30am, 11:00am-12:00pm & 12:30pm-1:30pm

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

Wednesday - 9:30am - 10:30am, 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 and Carer Support Group

Does your child have a special educational need or disability?

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

Drop-in to our SEND Support Group for an informal place to chat and get advice.

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

When: Thursdays, Term Time Only

Time: 1.30pm to 3.00pm

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

When: Fridays, Term Time Only

Time: 10am to 11.30am

No official diagnosis needed.
Pre school children welcome to attend

