

# WHAT'S ON IN THE OUTER WEST

## Spring 2023



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

## 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

## Contact us

- Call [0191 277 7800](tel:01912777800) (Monday to Friday, 8.30am to 4.30pm)
- Email: [newcastleouterwestenquiries@newcastle.gov.uk](mailto: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  |
|-----------------|-------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------|---------|
| 9.00am-12.30pm  | <b>Health Visitor Baby Clinic</b><br>Appointment only, please book via your health visitor or phone: <b>0191 282 3319</b>                       | Galafield Centre<br>NE5 1LZ                  | *       |
| 9.00am-12.00pm  | <b>Galafield Foodbank</b>                                                                                                                       | Galafield Centre<br>NE5 1LZ                  |         |
| 9.00am-12.00pm  | <b>Citizens Advice Drop-in Session</b><br>Information, advice and guidance                                                                      | Galafield Centre<br>NE5 1LZ                  |         |
| 9.30am-11.00am  | <b>Galafield Parent and Toddler Group</b><br>Open to all children under 5<br>Supported by NAPI.                                                 | Galafield Centre<br>NE5 1LZ                  | £<br>TT |
| 9.45am-11.15am  | <b>St. John's Parent and Toddler Group</b><br>Open to all children under 4<br>Supported by NAPI                                                 | Stamfordham<br>Road<br>NE5 1NN               | £<br>TT |
| 10am-11.30am    | <b>Baby Social</b><br>Welcoming and friendly with a wide range of activities and play for the development of your baby. For babies 0-12 months. | Galafield Centre<br>NE5 1LZ                  | TT      |
| 10.45am-11.30am | <b>Keep Moving</b><br>Low impact, low intensity exercise class for adults                                                                       | Lemington<br>Centre<br>NE15 8RZ              | £       |
| 1.00pm-2.00pm   | <b>Healthworks: Baby Touch</b><br>For non-mobile babies. To book a space, please contact: <b>0191 264 1959</b>                                  | Galafield Centre<br>NE5 1LZ                  | TT<br>* |
| 1.00pm-2.45pm   | <b>Little Treasures Toddler Group</b><br>Our group is welcoming and friendly. We are open to every child under 5                                | Westerhope<br>Methodist<br>Church<br>NE5 5HA | £<br>TT |
| 1.00pm-3.00pm   | <b>Community Nursery Nurse Development Checks</b><br>Appointment only, please book via your health visitor or phone: <b>0191 282 3319</b>       | Galafield Centre<br>NE5 1LZ                  | *       |
| 3.15pm-6.45pm   | <b>Inspire Youth: Throckley Youth Club</b><br>Juniors for ages 5-11 years (3.15-4.45)<br>Inters for ages 12-14 years (5.15-6.45)                | Throckley<br>Community Hall<br>NE15 9EL      | TT      |

£ a small fee applies

TT Term Time only

\* booking required

## Monday continued

| Time          | Activity                                                                                                                                    | Venue                                                     | £ / TT |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|--------|
| 3.15pm-7.00pm | <b>Inspire Youth: Lemington Youth Club</b><br>Inters: Ages 8-12 years (3.15-4.45)<br>Girls' Group (5.30-7.00)                               | Lemington Centre<br>NE15 8RZ                              |        |
| 4.30pm-8.00pm | <b>CM Dance Academy</b><br>For more information contact Chantal on:<br><b>07966 027545</b> or email<br><b>chantal.mccartney@hotmail.com</b> | Galafield Centre<br>NE5 1LZ                               | £      |
| 4.00pm-7.30pm | <b>Inspire Youth: Holy Spirit Youth Club</b><br>Juniors for ages 5-11 years (4.00-5.30)<br>Inters for ages 12-14 years (6.00-7.30)          | Holy Spirit Church<br>NE5 2BE                             |        |
| 5.00pm-7.00pm | <b>Lemington Youth Session</b><br>Ran by NE Youth. For ages 11-16 years.<br>For more information, please contact:<br>haley@neyouth.org.uk   | Sports Pavillion<br>Lemington<br>NE15 8BB                 |        |
| 5.30pm-7.30pm | <b>Denton Youth Session</b><br>Ran by NE Youth. For ages 13-19 years.<br>For more information, please contact:<br>holly@neyouth.org.uk      | Denton Youth & Community Project<br>West Denton<br>NE51DN |        |

## Tuesday

| Time           | Activity                                                                                                                                                                                                                                   | Venue                                              | £ / TT  |
|----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------|
| 9.00am-4.00pm  | <b>Learning Hive</b><br>Support to look for work, job applications, CVs, interview skills, English, Maths, ICT<br>For more information contact Harriet on<br><b>07918 627758</b> or email<br><b>hthirkell@northernlearningtrust.org.uk</b> | Galafield Centre<br>NE5 1LZ                        |         |
| 9.30am-11.00am | <b>Galafield Parent and Toddler Group</b><br>Open to all children under 5<br>Supported by NAPI.                                                                                                                                            | Galafield Centre<br>NE5 1LZ                        | TT<br>£ |
| 9.30am-11.30am | <b>Tiny Tots</b><br>Our group is welcoming and friendly. We are open to every child under 2 ½ years.<br>Supported by NAPI                                                                                                                  | St Johns Church<br>Kingston Park Centre<br>NE3 2HB |         |

£ a small fee applies

TT Term Time only

\* booking required

## Tuesday continued

| Time                            | Activity                                                                                                                                                                                                          | Venue                                    | £ / TT |
|---------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|--------|
| 1.00pm-2.30pm                   | <b>Healthworks: Story and Snack</b><br>A themed story box programme including make a snack linked to a story. For children 0-5 years.                                                                             | Lemington Centre<br>NE15 8RZ             | TT     |
| 1.00pm-2.30pm<br><i>Monthly</i> | <b>Rainbow Borrowers</b><br>Supported by NAPI. Free toy loan service and play session for children under 5 with additional needs and their families.<br><b><i>Please ring 0191 265 6158 for more details.</i></b> | Galafield Centre<br>NE5 1LZ              | TT     |
| 3.15pm-6.45pm                   | <b>Inspire Youth: Lemington Youth Club</b><br>Juniors for ages 5-11 years (3.15-4.45)<br>Inters for ages 12-16 years (5.15-6.45)                                                                                  | Lemington Centre<br>NE15 8RZ             | TT     |
| 3.30pm-5.00pm                   | <b>Inspire Youth: Waverly Juniors Youth Club</b><br>Ages 8+                                                                                                                                                       | Waverly School,<br>Lemington<br>NE15 7QZ | TT     |
| 3.30pm-5.30pm                   | <b>Galafield Warm Space</b><br>An afterschool warm space for families. Come along and enjoy a hot meal and drink, with fun activities and entertainment.                                                          | Galafield Centre<br>NE5 1LZ              |        |
| 5.30pm-7.00pm                   | <b>Inspire Youth: Holy Spirit Girls Group</b><br>Ages 11-16 years                                                                                                                                                 | Holy Spirit Church<br>NE5 2BE            | TT     |
| 6.00pm-9.00pm                   | <b>Bingo</b>                                                                                                                                                                                                      | Galafield Centre<br>NE5 1LZ              | £      |

## Wednesday

| Time           | Activity                                                                                              | Venue                       | £ / TT |
|----------------|-------------------------------------------------------------------------------------------------------|-----------------------------|--------|
| 9.00am-11.00am | <b>Galafield Coffee Morning</b><br>Try new crafts, make new friends and have a say in your community. | Galafield Centre<br>NE5 1LZ |        |
| 9.00am-12.00am | <b>Galafield Foodbank</b>                                                                             | Galafield Centre<br>NE5 1LZ |        |

£ a small fee applies

TT Term Time only

\* booking required

## Wednesday continued

| Time                            | Activity                                                                                                                                                              | Venue                                   | £ / TT  |
|---------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|---------|
| 9.00am-4.00pm                   | <b>Learning Hive</b><br>For more information contact Harriet on <b>07918 627758</b> or <b>hthirkell@northernlearningtrust.org.uk</b>                                  | Galafield Centre<br>NE5 1LZ             |         |
| 9.00am-3.00pm<br><i>Monthly</i> | <b>Autism Hub: Workshops and one to one appointments</b><br>For more information call Kerrie Highcock on: <b>0191 410 9974</b><br><b>kerrie.highcock@ne-as.org.uk</b> | Galafield Centre<br>NE5 1LZ             | *       |
| 9.30am-12.00pm                  | <b>Community Nursery Nurse Development Checks</b><br>Appointment only, please book via your health visitor or phone <b>0191 282 3319</b>                              | Galafield Centre<br>NE5 1LZ             | *       |
| 10.00am - 11.00am               | <b>Healthworks: Baby Touch</b><br>For non-mobile babies. To book a space, please contact: <b>0191 264 1959</b>                                                        | Lemington Centre<br>NE15 8RZ            |         |
| 10.00am-11.30am                 | <b>Noah's Ark Baby Toddler group</b><br>Open to all children under 5<br>Supported by NAPI.                                                                            | Parish Hall<br>Station Road<br>NE15 8LS | £<br>TT |
| 1.30pm-3.00pm                   | <b>Healthworks: Cook, Play and Learn</b><br>Fun family session for children 0-5 years and their parents and carers.                                                   | Galafield Centre<br>NE5 1LZ             | TT      |
| 1.00pm-2.30pm                   | <b>Healthworks: Breastfeeding Social</b><br>Ran by Breastfeeding Mams. For more information phone <b>07826 531575</b>                                                 | Lemington Centre<br>NE15 8RZ            |         |
| 1.00pm-3.00pm                   | <b>Throckley Parent and Toddler group</b><br>Open to all children under 5<br>Supported by NAPI.                                                                       | Back Victoria Terrace<br>NE15 9RH       | £<br>TT |
| 1.00pm-3.40pm                   | <b>Health Visitor Baby Clinic</b><br>Appointment only, please book via your health visitor or phone: <b>0191 282 3319</b>                                             | Galafield Centre<br>NE5 1LZ             | *       |

£ a small fee applies

TT Term Time only

\* booking required

## Wednesday continued

| Time          | Activity                                                                                                                           | Venue                                    | £ / TT    |
|---------------|------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|-----------|
| 3.30pm-5.00pm | <b>Inspire Youth: Waverly Inters Youth Club</b><br>Ages 11+ years                                                                  | Waverly School,<br>Lemington<br>NE15 7QZ | <b>TT</b> |
| 3.30pm-5.00pm | <b>Inspire Youth: Throckley Juniors Youth Club</b><br>Ages 8+ years                                                                | Throckley<br>Community Hall<br>NE15 9EL  | <b>TT</b> |
| 4.30pm-8.00pm | <b>CM Dance Academy</b><br>For more information contact Chantal on:<br><b>07966 027545</b><br><b>chantal.mccartney@hotmail.com</b> | Galafield Centre<br>NE5 1LZ              | <b>£</b>  |
| 5.45pm-7.15pm | <b>Inspire Youth: Galafield Girls' Group</b><br>Ages 11-16 years                                                                   | Galafield Centre<br>NE5 1LZ              |           |
| 5.45pm-7.45pm | <b>Inspire Youth: Detached Session</b><br>On the Galafield Courts by the centre                                                    | Galafield Centre<br>NE5 1LZ              |           |
| 6.00pm-8.00pm | <b>Throckley Youth Session</b><br>Ran by NE Youth. Ages 11-16. For more information, please contact:<br>haley@neyouth.org.uk       | Throckley<br>Pavillion<br>NE15 9EU       |           |

## Thursday

| Time           | Activity                                                                                                                            | Venue                           | £ / TT                |
|----------------|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|-----------------------|
| 9.00am-11.00am | <b>West Denton Church Toddler Group</b><br>Open to all children under 5<br>Supported by NAPI.                                       | Middlegate<br>NE5 5AY           | <b>£</b><br><b>TT</b> |
| 10am-11am      | <b>YHN Drop-in</b><br>Housing information, advice and enquiries                                                                     | Galafield Centre<br>NE5 1LZ     |                       |
| 1.30pm-3.00pm  | <b>Healthworks: Sensory Baby</b><br>Activities for babies 0-12 months to engage your child's senses in fun and interactive session. | Galafield Centre<br>NE5 1LZ     | <b>TT</b>             |
| 4.00pm-5.30pm  | <b>Inspire Youth: Lemington Girls' Group</b><br>Ages 11-16 years                                                                    | Lemington<br>Centre<br>NE15 8RZ | <b>TT</b>             |

£ a small fee applies

TT Term Time only

\* booking required



## Thursday continued

| Time          | Activity                                                                                                                              | Venue                           | £ / TT |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|--------|
| 4.30pm-8.00pm | <b>CM Dance Academy</b><br>For more information contact Chantal on: <b>07966 027545</b> or email <b>chantal.mccartney@hotmail.com</b> | Galafield Centre<br>NE5 1LZ     | £      |
| 6.00pm-8.00pm | <b>Throckley Youth Session</b><br>Ran by NE Youth. Ages 11-16. For more information, please contact: <b>haley@neyouth.org.uk</b>      | Throckley Pavillion<br>NE15 9EU |        |

## Friday

| Time              | Activity                                                                                                                            | Venue                                    | £ / TT |
|-------------------|-------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|--------|
| 9.30am-11.00am    | <b>Adults' Yoga</b><br>For more information phone <b>0191 2641959</b>                                                               | Lemington Centre<br>NE15 8RZ             | £ *    |
| 9.30am-11.00am    | <b>CHADCA Parent and Toddler Group</b><br>Open to all children under 5<br>Supported by NAPI                                         | CHADCA<br>Hanover Close<br>NE5 1EG       | £ TT   |
| 10.00am - 11.30am | <b>Healthworks: Sensory Baby</b><br>Activities for babies 0-12 months to engage your child's senses in fun and interactive session. | Lemington Centre<br>NE15 8RZ             |        |
| 3.30pm-5.00pm     | <b>Inspire Youth: Waverly Juniors Youth Club</b><br>Ages 5-11 years.                                                                | Waverly School,<br>Lemington<br>NE15 7QZ | TT     |
| 3.30pm-7.00pm     | <b>Inspire Youth Galafield Youth Club</b><br>Juniors for ages 5-11 years (3.30-5.00)<br>Inters for ages 12-14 years (5.00-7.00)     | Galafield Centre<br>NE5 1LZ              | TT     |

£ a small fee applies

TT Term Time only

\* booking required

## Saturday

| Time          | Activity                                                                                                                           | Venue                       | £ / TT |
|---------------|------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|--------|
| 9.30am-3.30pm | <b>CM Dance Academy</b><br>For more information contact Chantal on:<br><b>07966 027545</b><br><b>chantal.mccartney@hotmail.com</b> | Galafield Centre<br>NE5 1LZ | £      |
| 6.00pm-9.00pm | <b>Bingo</b>                                                                                                                       | Galafield Centre<br>NE5 1LZ | £      |

### Coming soon!

Charlton Street Hub

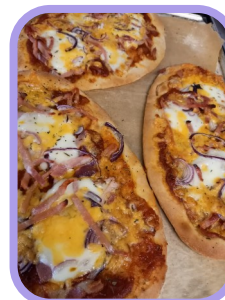
New Family Hub at Charlton Street, Lemington...opening soon.

Including 0-5 sessions, Health sessions, youth sessions, parent coffee mornings and much more!

### Galafield Café

Come enjoy delicious homemade food!

Cooking on a Budget coming soon...



*Open Monday – Thursday from 8:30am - 2.30pm*

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!

£ a small fee applies

TT Term Time only

\* booking required



# Parenting Groupwork Programmes

| Aims of the Group                                                                                                                                                                                                                        | Who's it for?                                                                                                                                          | No. of Sessions                                                 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| <b>Family Club</b><br>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.                                         | Families (This is a group where parent/s must attend with their child/children)<br><br><i>No Creche</i>                                                | 6 weekly Sessions                                               |
| <b>No Frills Parenting</b><br>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.<br><br><i>Creche dependent on need</i>          | 3 weekly Sessions                                               |
| <b>Women's Wellbeing</b><br>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.<br><br><i>Creche dependent on need</i> | 6-8 sessions (dependent upon progress)                          |
| <b>Decider (Young People)</b><br>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.<br><br><b>Individual and Groupwork</b><br><br><i>Creche available</i>                             | Individual:<br>4-6 sessions<br><br>Groupwork: 6 weekly Sessions |

| Aims of the Group                                                                                                                                                                                                                                                                                                                                     | Who's it for?                                                                    | No. of Sessions              |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|------------------------------|
| <p><b>Solihull Parenting (Virtual &amp; Group)</b></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><b>Parent on the Ball</b></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.</p> <p>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>     |

**For more information or to book:**

## Contact us

- Email: [responsivegroups@actionforchildren.org.uk](mailto:responsivegroups@actionforchildren.org.uk)

# 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](http://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 277 7800**

## 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 277 7800** or go to: [www.newcastle.gov.uk/free-childcare](http://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](mailto: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](http://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<br><br>0191 277 7800                                                         | Newbiggin Lane<br>Newcastle upon Tyne<br>NE5 1LZ<br><a href="mailto:newcastleouterwestenquiries@newcastle.gov.uk">newcastleouterwestenquiries@newcastle.gov.uk</a>                                                             |
| Healthworks<br>The Lemington<br>Centre<br><br>0191 264 1959                                   | The Lemington Centre<br>Tyne View<br>Newcastle upon Tyne<br>NE15 8RZ<br><a href="mailto:enquiries@hwn.org.uk">enquiries@hwn.org.uk</a><br><a href="http://www.healthworksnewcastle.org.uk">www.healthworksnewcastle.org.uk</a> |
| Inspire Youth<br>Tyne and Wear<br><br>0191 264 1959                                           | The Lemington Centre<br>Tyne View<br>Newcastle upon Tyne<br>NE15 8RZ<br><a href="mailto:enquiries@inspireyouthtw.org">enquiries@inspireyouthtw.org</a><br><a href="http://www.inspireyouthtw.org">www.inspireyouthtw.org</a>   |
| Newcastle Action for<br>Parent and Toddler<br>Group Initiative<br>(NAPI)<br><br>0191 265 6158 | Heaton Community Centre<br>Trew hitt Road<br>Newcastle upon Tyne<br>NE6 5DY<br><a href="mailto:admin@napi.org.uk">admin@napi.org.uk</a><br><a href="http://www.napi.org.uk">www.napi.org.uk</a>                                |
| Projects 4 Change<br><br>07946 314037                                                         | The Cowgate Centre<br>Houghton Avenue<br>Newcastle upon Tyne<br>NE3 3UT<br><a href="mailto:kelly@projects4change.org">kelly@projects4change.org</a><br><a href="http://www.projects4change.org">www.projects4change.org</a>    |