

# *Age Takes Centre Stage 2019 Calendar of Events*



### Name of organisation(s)

Wideopen Men's Group - Age UK North Tyneside

### Title of event

**Wideopen Men's Group**

### Brief description

Social Group for older men to meet and chat, as well as take part in organised activities and trips out.



### Date & time of event

**Tuesday 1st and 15th October  
10am – 12 noon**



### Event venue address

Wideopen Library, Canterbury Way



### Event contact telephone number

0191 2877012



### Event contact email address

[alexis.brown@ageuknorthtyneside.org.uk](mailto:alexis.brown@ageuknorthtyneside.org.uk)

### Is there a charge for the event?

Yes, £2

### Do people need to book in advance?

No, Just drop in

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### Name of organisation(s)

Wideopen Friendship Group - Age UK North Tyneside

### Title of event

**Wideopen Friendship**

### Brief description

Social Group for older people to meet and chat, as well as take part in organised activities and trips out.

24<sup>th</sup> October will be the groups 3<sup>rd</sup> Birthday so come along for celebratory birthday cake!



### Date & time of event

**Thursday 10th and 24th October  
10am – 12 noon**



### Event venue address

Wideopen Library, Canterbury Way



### Event contact telephone number

0191 2877012



### Event contact email address

[alexis.brown@ageuknorthtyneside.org.uk](mailto:alexis.brown@ageuknorthtyneside.org.uk)

### Is there a charge for the event?

No

### Do people need to book in advance?

No, Just drop in

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### Name of organisation(s)

**Whitley Bay Cuppa Club** - Age UK North Tyneside

### Title of event

Whitley Bay Cuppa Club

### Brief description

Social Group for older people to meet and chat. Buy a cuppa in the café and spend some time in this lively social group that also links into a meals out with friends lunch and evening programme.



### Date & time of event

**Every Tuesday 2pm**



### Event venue address

Rendezvous Café, Dukes Walk Northern Promenade



### Event contact telephone number

0191 2877012



### Event contact email address

[alexis.brown@ageuknorthtyneside.org.uk](mailto:alexis.brown@ageuknorthtyneside.org.uk)

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Name of organisation(s)  
Age UK North Tyneside


Title of event  
**Older People's Transgender Group**

Brief description  
This is a supportive social group for older transgender or trans curious people. The groups provides real life peer to peer support as well as hosting activities, workshops and talks.

 Date & time of event  
**Meets fortnightly on Thursday evening**

 Event venue address  
Whitley Bay

 Event contact telephone number  
0191 2877012

 Event contact email address  
[alexis.brown@ageuknorthtyneside.org.uk](mailto:alexis.brown@ageuknorthtyneside.org.uk)

Is there a charge for the event?  
Yes, £2

Do people need to book in advance?  
Yes

Provide booking information if necessary  
Contact Alexis to discuss attending the group – new people very welcome

Is there a charge for the event?  
No, Just the cost of your cuppa in the cafe


Do people need to book in advance?  
No, Just drop in

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Name of organisation(s)  
Knit and Natter Age UK North Tyneside


Title of event  
**Whitley Bay Knit and Natter**

Brief description  
Get your knitting needles out and come along for a chat.

 Date & time of event  
**Thursday 3rd and 17th October**  
10am – 12noon

 Event venue address  
Whitley Bay Comrades Club

 Event contact telephone number  
0191 2877012

 Event contact email address  
[alexis.brown@ageuknorthtyneside.org.uk](mailto:alexis.brown@ageuknorthtyneside.org.uk)

Is there a charge for the event?  
Yes, £2

Do people need to book in advance?  
No


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Name of organisation(s)  
Friendly Faces - Age UK North Tyneside

Title of event  
**Springfield Friendly Faces**


Brief description  
A new group offering a friendly face and a place to meet new people to get out and about with.

 Date & time of event  
**Every Monday** 11am – 1pm

 Event venue address  
Springfield Community Centre,  
Springfield Park, Forest Hall



 **Event contact telephone number**  
0191 2877012

 **Event contact email address**  
[alexis.brown@  
ageuknorthtyneside.org.uk](mailto:alexis.brown@ageuknorthtyneside.org.uk)

**Is there a charge for the event?**  
No, just your cuppa in the cafe

**Do people need to book in advance?**  
No

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**Name of organisation(s)**  
**Busy Buddies - Age UK North Tyneside**


**Title of event**  
Busy Buddies

**Brief description**  
Drop in to the café to meet new people and find out what's going on.

 **Date & time of event**  
**2nd and 16th October**  
10.30am – 11.30 am

 **Event venue address**  
Jarretts Coffee Shop, Bradbury Centre,  
13 Saville Street West, North Shields

 **Event contact telephone number**  
0191 2877012

 **Event contact email address**  
[alexis.brown@  
ageuknorthtyneside.org.uk](mailto:alexis.brown@ageuknorthtyneside.org.uk)

**Is there a charge for the event?**  
No, just your cuppa in the cafe

**Do people need to book in advance?**  
No

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**Name of organisation(s)**  
Garden Pottering - Age UK North Tyneside


**Title of event**  
**Garden Pottering in North Shields**

**Brief description**  
Gentle gardening on our allotment site off Eustice Terrace in North Shields – tea and coffee provided. New to gardening or fully green fingered all are welcome.

 **Date & time of event**  
**Every Tuesday 10am – 12.30**

 **Event venue address**  
Eustice Terrace North Shields

 **Event contact telephone number**  
0191 2808480

 **Event contact email address**  
[kay.bradshaw@  
ageuknorthtyneside.org.uk](mailto:kay.bradshaw@ageuknorthtyneside.org.uk)

**Is there a charge for the event?**  
No

**Do people need to book in advance?**  
No


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**Name of organisation(s)**  
Age UK North Tyneside

**Title of event**  
**Annual General Meeting**

**Brief description**  
Meeting for customers, funders and partners to hear what has been achieved in the last financial year

 **Date & time of event**  
**October 1<sup>st</sup> 11:00-12:30**

 **Event venue address**  
Linskill Centre



Event contact telephone number

0191 2877017



Event contact email address

[sue.santos@ageuknorthtyneside.org.uk](mailto:sue.santos@ageuknorthtyneside.org.uk)

Is there a charge for the event?

No

Do people need to book in advance?

Yes

Name of organisation(s)

EveryDay Care at Home & Music In Hospitals and Care

Title of event

**Music In Hospitals & Care**

Brief description

Live music presentation



Date & time of event

**October 1<sup>st</sup> 13:30-14:30**



Event venue address

Linskill Park Wellbeing & Social Activity Centre



Event contact telephone number

0191 2630511



Event contact email address

[michelle.clement@everydayuk.org](mailto:michelle.clement@everydayuk.org)

Is there a charge for the event?

No

Do people need to book in advance?

Yes

Name of contact person

Michelle Clement

Name of organisation Dementia Connections Age UK North Tyneside

Title of event

**Singalong Memories Forest Hall Library**

Brief description

Stimulating and enjoyable activity



Date & time of event

**Every Thursday 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> 24<sup>th</sup> & 31<sup>st</sup> October**



Event venue address

Forest Hall library, Forest Hall



Event contact telephone number

0191 2808484

Is there a charge for the event?

No

Do people need to book in advance

No

Name of organisation(s)

**Dementia Connections** Age UK North Tyneside

Title of event

**Singalong Memories**

Brief description

Stimulating and enjoyable activity



Date & time of event

**Every Monday 7<sup>th</sup>,14<sup>th</sup>,21<sup>st</sup> & 28<sup>th</sup> October**



Event venue address

St Columbus Church Hall,  
Northumberland Square, North Shields



Event contact telephone number

0191 2808484



Event contact email address

[Gemma.Musson@ageuknorthtynesde.org.uk](mailto:Gemma.Musson@ageuknorthtynesde.org.uk)

### Is there a charge for the event?

No

### Do people need to book in advance?

No

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### Name of organisation(s)

Dementia Connections Age UK North  
Tyneside

### Title of event

**Olive's Memory Café**


### Brief description

Social group for people with Dementia and their family/carers

 **Date & time of event**  
**9<sup>th</sup>, 23<sup>rd</sup> October**

 **Event venue address**  
Whitley Bay Metro Station, Whitley Bay,  
NE26 2QT

 **Event contact telephone number**  
0191 2808484

 **Event contact email address**  
[Gemma.Musson@  
ageuknorthtyneside.org.uk](mailto:Gemma.Musson@ageuknorthtyneside.org.uk)

### Is there a charge for the event?

Yes £2.60 per session

### Do people need to book in advance?

No

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### Name of organisation(s)

**Dementia Connections** AgeUK North  
Tyneside

### Title of event

**Café My Place Memory Cafe**


### Brief description

Social Group for people with Dementia and their family/carers

 **Date & time of event**  
**14<sup>th</sup> & 28<sup>th</sup> October**

 **Event venue address**  
The White Swan Centre, Killingworth

 **Event contact telephone number**  
0191 2808484

 **Event contact email address**  
[Sarah-Jane.Scott@  
ageuknorthtyneside.org.uk](mailto:Sarah-Jane.Scott@ageuknorthtyneside.org.uk)

### Is there a charge for the event?

Yes £2.60 per session

### Do people need to book in advance?

No

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### Name of organisation(s)

Dementia Connections Age UK North  
Tyneside

### Title of event

**Time Travellers**


### Brief description

Explore monthly themes and make history come to life

 **Date & time of event**  
**2<sup>nd</sup> October**

 **Event venue address**  
Segedunum Museum, Buddle Street

 **Event contact telephone number**  
0191 2808484

 **Event contact email address**  
[Sarah-Jane.Scott@  
ageuknorthtyneside.org.uk](mailto:Sarah-Jane.Scott@ageuknorthtyneside.org.uk)

### Please note

All contact details provided will be used in the programme as contact information for anyone interested in attending the event.

Is there a charge for the event?

£2:60 per session

Do people need to book in advance?

No

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Name of organisation(s)

**Dementia Connections** Age UK North  
Tyneside

Title of event

**Arts and Crafts**

Brief description

For people living with Dementia – facilitated by Dementia Service Co-ordinator, all materials provided



Date & time of event

**2<sup>nd</sup>, 16<sup>th</sup>, 30<sup>th</sup> October**



Event venue address

North Shields Customer First Centre,  
Northumberland Place, North Shields



Event contact telephone number

0191 2808484



Event contact email address

[Sarah-Jane.scott@ageuknorthtyneside.org.uk](mailto:Sarah-Jane.scott@ageuknorthtyneside.org.uk)

Is there a charge for the event?

Yes £2:60

Do people need to book in advance?

No

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Name of organisation(s)

Dementia Connections Age UK North  
Tyneside

Title of event

**Peer Support**

Brief description

Informal Chat & first-hand information about local services



Date & time of event

**29<sup>th</sup> October**



Event venue address

Saville Exchange, Howard Street, North  
Shields



Event contact telephone number

0191 2808484



Event contact email address

[Lynsey.Ralph@ageuknorthtyneside.org.uk](mailto:Lynsey.Ralph@ageuknorthtyneside.org.uk)

Is there a charge for the event?

No

Do people need to book in advance?

No

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Name of organisation(s)

engAGE (Linskill Centre)

Title of event

**Woollies start Christmas!**

Brief description

Bring your project, needles or hooks and get stuck into some festive patterns.



Date & time of event

**Wednesday 30th 10am to 12 noon**



Event venue address

The Linskill Centre, Linskill Terrace,  
North Shields, NE30 2AY



Event contact telephone number

0191 257 8000



Event contact email address

[charlotte@linskill.org](mailto:charlotte@linskill.org)

Is there a charge for the event?

No

### Do people need to book in advance?

Yes

### Name of contact person

Charlotte Mulvaney

### Telephone number (if different from above)

0191 257 8000

### Email

[charlotte@linskill.org](mailto:charlotte@linskill.org)

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### Name of organisation

Tyne and Wear Archives and Museums

### Title of event

GNM: Hancock Museum - **Dippy on Tour** - Free Curators talk

### Brief description

The Natural History Museum's famous Dinosaur Dippy the Diplodocus has arrived in Newcastle. Unveiled to the British public in 1905, Dippy was cast from the type specimen found in America. The full skeleton is 21.3 metres long, 4.3 metres wide and 4.25 metres high!

### Date & time of event

**Tuesday 1st October – 3-4pm**

### Event venue address

Great North Museum: Hancock, Barras Bridge, Newcastle upon Tyne, NE2 4PT

### Event contact telephone number

0191 2772297

### Event contact email address

[Joanne.charlton@twmuseums.org.uk](mailto:Joanne.charlton@twmuseums.org.uk)

### Is there a charge for the event?

No

### Do people need to book in advance?

Yes

### Name of contact person

Joanne Charlton

0191 277 2297

### Email

[Joanne.charlton@twmuseums.org.uk](mailto:Joanne.charlton@twmuseums.org.uk)

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### Name of organisation(s)

engAGE (Linskill Centre)

### Title of event

**engAGE Sunday Lunch**

### Brief description

Two course Sunday lunch in Café 32.

### Date & time of event

**Sunday 27th October. 12 noon – lunch served at 12.30.**

### Event venue address

The Linskill Centre, Linskill Terrace, North Shields, NE30 2AY

### Event contact telephone number

0191 257 8000

### Event contact email address

[charlotte@linskill.org](mailto:charlotte@linskill.org)

### Is there a charge for the event?

Yes £5

### Do people need to book in advance?

Yes

Bookings by Friday 18th October

### Name of contact person

Charlotte Mulvaney

### Telephone number

(if different from above): 0191 257 8000

### Email

[charlotte@linskill.org](mailto:charlotte@linskill.org)

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### Name of organisation(s)

Tyne and Wear Archives and Museums

### Title of event

#### **Slow Museum afternoons**

### Brief description

Slow Museums provides a welcoming environment for anyone who needs more time to visit our museums and galleries. We support people with communication or literacy difficulties, people living with dementia, anxiety and stroke survivors etc... as well as their families and carers. Staff have received extra training and are delighted to offer a warm welcome.



### Date & time of event

8th October - Segedunum Roman Fort  
- Buddle Street, Wallsend, NE28 6HR

14th October - South Shields Museum  
and Art Gallery – Ocean Road, South  
Shields, NE33 2JA

25th October - Shipley Art Gallery –  
Prince Consort Road, Gateshead, NE8 4JB

31st October - Laing Art Gallery - New  
Bridge Street, Newcastle upon Tyne,  
NE1 8AG



### Event contact telephone number

0191 2772297



### Event contact email address

[Joanne.charlton@twmuseums.org.uk](mailto:Joanne.charlton@twmuseums.org.uk)

### Please note

all contact details provided will be used in the programme as contact information for anyone interested in attending the event.

### Is there a charge for the event

No

### Do people need to book in advance?

No

### Provide booking information if necessary

Joanne Charlton on 0191 277 2297

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### Name of organisation(s)

Tyne and Wear Archives and Museums

### Title of event

Free entry to **Segedunum Roman Fort for people over 55.**

### Brief description

Please mention Ageing with Style at the welcome desk to gain free entry for one day only—**1st October**



### Date & time of event

Tuesday 1st October



### Event venue address

Buddle Street, Wallsend, Tyne & Wear  
NE28 6HR Tel: (0191) 2784217



### Event contact telephone number

0191 2772297



### Event contact email address

[Joanne.charlton@twmuseums.org.uk](mailto:Joanne.charlton@twmuseums.org.uk)

### Is there a charge for the event

No

### Do people need to book in advance?

No

### Name of contact person

Joanne Charlton

### Email


[Joanne.charlton@twmuseums.org.uk](mailto:Joanne.charlton@twmuseums.org.uk)


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Name of organisation(s)  
engAGE (Linskill Centre)

Title of event  
**Scribblers' Winter Book Launch**

Brief description  
Celebrate the Scribblers' creative writing and winners of Linskill's children's writing competition. Enjoy a morning listening to a selection of short stories.

 Date & time of event  
**Monday 28th October. 10.30am to 12 noon.**

 Event venue address  
The Linskill Centre, Linskill Terrace,  
North Shields, NE30 2AY

 Event contact telephone number  
0191 257 8000

 Event contact email address  
[charlotte@linskill.org](mailto:charlotte@linskill.org)

Please note  
All contact details provided will be used in the programme as contact information for anyone interested in attending the event.

Is there a charge for the event?  
No

Do people need to book in advance?  
Yes

Name of contact person  
Charlotte Mulvaney

Telephone number (if different from above)  
0191 257 8000

Email  
[charlotte@linskill.org](mailto:charlotte@linskill.org)


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Name of organisation(s)  
engAGE (Linskill Centre)

Title of event  
**PageTurners**

Brief description  
Page Turners is a monthly book group for people who love to read and dissect the plot and characters! We meet on the last Tuesday of the month and it's a nice social hour.

 Date & time of event  
**Tuesday 29th October. 1pm to 2pm**

 Event venue address  
The Linskill Centre, Linskill Terrace,  
North Shields, NE30 2AY

 Event contact telephone number  
0191 257 8000

 Event contact email address  
[charlotte@linskill.org](mailto:charlotte@linskill.org)

Please note  
All contact details provided will be used in the programme as contact information for anyone interested in attending the event.

Is there a charge for the event?  
Yes £1.50

Do people need to book in advance?  
Yes

Name of contact person  
Charlotte Mulvaney

Telephone number (if different from above)  
0191 257 8000


Email  
[charlotte@linskill.org](mailto:charlotte@linskill.org)


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Name of organisation(s)  
Meadow Well Connected

Title of event  
Coffee, **Click and Chat**

Brief description  
Join us for a cup of coffee and a chat, learn how to use the internet in a relaxed and informal environment whilst meeting new friends

 Date & time of event  
**15th October 2019 10 until 12**

 Event venue address  
Meadow Well Connected, Waterville Road, North Shields

 Event contact telephone number  
0191 341 0033

 Event contact email address  
[lynn@meadowwellconnected.org.uk](mailto:lynn@meadowwellconnected.org.uk)

Is there a charge for the event?  
No

Do people need to book in advance?  
No

Name of contact person  
Lynn


Email  
[lynn@meadowwellconnected.org.uk](mailto:lynn@meadowwellconnected.org.uk)


Name of organisation(s)  
engAGE (Linskill Centre)

Title of event  
**Film Club: Green Book**

Brief description  
The October film is another feel good true story called Green Book; a working class Italian American bouncer becomes the driver of an African American classical

pianist on a tour of venues through the 1960s American south.

 Date & time of event  
**Wednesday 2nd October.** 1pm start – come 5 minutes before to grab a seat and a cuppa. Film running time is 2hours 10 minutes.

 Event venue address  
The Linskill Centre, Linskill Terrace, North Shields, NE30 2AY

 Event contact telephone number  
0191 257 8000

 Event contact email address  
[charlotte@linskill.org](mailto:charlotte@linskill.org)

Is there a charge for the event?  
No

Do people need to book in advance?  
Yes

Name of contact person  
Charlotte Mulvaney

Telephone number (if different from above)  
0191 257 8000

Email  
[charlotte@linskill.org](mailto:charlotte@linskill.org)

Name of organisation(s)  
engAGE (Linskill Centre)

Title of event  
**engAGE 3 year celebration afternoon.**

Brief description  
Come and join us for a slice of cake in Linskill's Trevelyan Hall. Find out what engAGE has been up to and see what's on offer to get involved with. Meet the different groups, have fun on the tombola and visit the Woollies craft table.



### Date & time of event

**Thursday 3rd October. 1pm to 3pm.**



### Event venue address

The Linskill Centre, Linskill Terrace,  
North Shields, NE30 2AY



### Event contact telephone number

0191 257 8000



### Event contact email address

[charlotte@linskill.org](mailto:charlotte@linskill.org)

### Is there a charge for the event?

Yes

### Do people need to book in advance?

Yes

### Name of contact person

Charlotte Mulvaney

### Telephone number (if different from above)

0191 257 8000

### Email

[charlotte@linskill.org](mailto:charlotte@linskill.org)

### Name of organisation(s)

Tyne and Wear Archives and Museums

### Title of event

**Discovery Museum - Free building History Tour**

### Brief description

Discovery Museum is housed in the old Co-operative Wholesale Society building, Blandford House. Opening in 1899, it quickly became an iconic building in Newcastle city centre. Blandford House became a museum in 1978 and was re-launched as Discovery Museum in 1993.



### Date & time of event

**Sunday 6th October**



### Event venue address

Discovery Museum, Blandford Square,  
Newcastle upon Tyne, NE1 4JA



### Event contact telephone number

0191 2772297



### Event contact email address

[Joanne.charlton@twmuseums.org.uk](mailto:Joanne.charlton@twmuseums.org.uk)

### Is there a charge for the event?

No

### Do people need to book in advance?

Yes

### Provide booking information if necessary

Please call Joanne Charlton on 0191 277 2297

### Name of contact person

Joanne Charlton

### Email

[Joanne.charlton@twmuseums.org.uk](mailto:Joanne.charlton@twmuseums.org.uk)

### Name of organisation(s)

engAGE (Linskill Centre)

### Title of event

**Digital Champions**

### Brief description

Digital Champions is the place to come and get help using your laptop, phone, tablet or computer. Use our machines or bring yours in. This is a very friendly drop in weekly session led by volunteers.



### Date & time of event

**Thursdays throughout October.** Drop in between 10am and 12 noon.



### Event venue address

The Linskill Centre, Linskill Terrace,  
North Shields, NE30 2AY



Event contact telephone number  
0191 257 8000



Event contact email address  
[charlotte@linskill.org](mailto:charlotte@linskill.org)

Is there a charge for the event?  
No

Do people need to book in advance?  
No

Name of contact person  
Charlotte Mulvaney

Telephone number (if different from above)  
0191 257 8000

Name of organisation  
HAND IN HAND

Title of event  
**Tuesday Lunch, Activities and Reminiscence Club**

**Brief description**  
Hand in Hand offer a warm welcome to anyone over 65 with a chance to meet and chat with others. We start with a chat over a cup of tea, or maybe a game of Scrabble or Dominoes, followed by a home cooked 2 course lunch. In the afternoon we have a variety of activities including quizzes, chair exercises, entertainers and crafts and finish with an optional game of Bingo



Date & time of event  
**every Tuesday 11-2.30**



Event venue address  
Trinity Methodist Church Hall, Station Road Wallsend



Event contact telephone number  
07968732252



Event contact email address  
[admin@handinhandproject.org.uk](mailto:admin@handinhandproject.org.uk)

Is there a charge for the event?  
Yes £5.50 +£1 for Bingo

Do people need to book in advance?  
Yes

Name of contact person  
Sandra Grant

## Age Takes Centre Stage – Physical Groups

Name of organisation(s)  
Age UK North Tyneside

Title of event  
**Tai Chi North Shields**

**Brief description**  
Slow and purposeful movements both beneficial for mindfulness and building muscle strength



Date & time of event  
**Wednesday 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> 30<sup>th</sup> 12pm-1pm**



Event venue address  
Christ Church Parish Centre, Preston Road



Event contact telephone number  
0191 287 7027



Event contact email address  
[Caitlin.calvert@ageuknorthtyneside.org.uk](mailto:Caitlin.calvert@ageuknorthtyneside.org.uk)

Is there a charge for the event?  
Yes, £3

Do people need to book in advance?  
No



### Name of organisation(s)

Age UK North Tyneside

### Title of event

**Seated Exercise, North Shields**

### Brief description

Seated exercise to music including tai chi, aerobics, stretching and weights



### Date & time of event

**Thursday 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>**



### Event venue address

The Linskill Centre, Linskill Terrace



### Event contact telephone number

0191 287 7027



### Event contact email address

[Caitlin.calvert@](mailto:Caitlin.calvert@ageuknorthtyneside.org.uk)

[ageuknorthtyneside.org.uk](mailto:Caitlin.calvert@ageuknorthtyneside.org.uk)

### Is there a charge for the event?

Yes, £2.50

### Do people need to book in advance?

No

### Name of organisation(s)

Age UK North Tyneside

### Title of event

**Gentle Exercise Class, Whitley Bay**

### Brief description

Gently exercise to music with exercises adapted to fit your physical abilities



### Date & time of event

**Thursday 2pm-3pm 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> 24<sup>th</sup> 31<sup>st</sup>**



### Event venue address

St Pauls Church Hall, Whitley Road



### Event contact telephone number

0191 287 7027



### Event contact email address

[Caitlin.calvert@](mailto:Caitlin.calvert@ageuknorthtyneside.org.uk)

[ageuknorthtyneside.org.uk](mailto:Caitlin.calvert@ageuknorthtyneside.org.uk)

### Please note

All contact details provided will be used in the programme as contact information for anyone interested in attending the event.

### Is there a charge for the event?

Yes, £2.50

### Do people need to book in advance?

No

### Name of organisation(s)

Age UK North Tyneside

### Title of event

**Tai Chi, Whitley Bay**

### Brief description

Slow and purposeful movements both beneficial for mindfulness and building muscle strength



### Date & time of event

**Monday 10am-11.30am 7<sup>th</sup> 14<sup>th</sup> 21<sup>st</sup>**



### Event venue address

Foxhunters Pavilion, Rake Lane



### Event contact telephone number

0191 287 7027



### Event contact email address

[Caitlin.calvert@](mailto:Caitlin.calvert@ageuknorthtyneside.org.uk)

[ageuknorthtyneside.org.uk](mailto:Caitlin.calvert@ageuknorthtyneside.org.uk)

### Is there a charge for the event?

Yes, £2

### Name of organisation(s)

Age UK North Tyneside

### Title of event

**Line Dance, Whitley Bay**

### Brief description

Line dancing is a group dance, repeating a sequence of steps to both traditional country music and disco songs.



### Date & time of event

**Friday 10am-11.30am 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> 25<sup>th</sup>**



### Event venue address

Whitley Bay Baptist Church, Park Road



### Event contact telephone number

0191 287 7027



### Event contact email address

[Caitlin.calvert@](mailto:Caitlin.calvert@ageuknorthtyneside.org.uk)

[ageuknorthtyneside.org.uk](mailto:Caitlin.calvert@ageuknorthtyneside.org.uk)

### Is there a charge for the event?

Yes, £3

### Do people need to book in advance?

No

### Name of organisation(s)

Age UK North Tyneside Walking Group

### Title of event

**Walk- Wylam to Thornley Woods 7.5miles**

### Brief description

Join our walking group on their walk for October. Meet at Eldon Square Bus Station before 10.15am to catch the 10.26am bus.



### Date & time of event

**Wednesday 9<sup>th</sup> meeting at 10.15am**



### Event venue address

Wylam to Thornley Woods



### Event contact telephone number

0191 287 7027



### Event contact email address

[Caitlin.calvert@](mailto:Caitlin.calvert@ageuknorthtyneside.org.uk)

[ageuknorthtyneside.org.uk](mailto:Caitlin.calvert@ageuknorthtyneside.org.uk)

### Is there a charge for the event?

Yes, £1

### Do people need to book in advance?

Yes

### Name of organisation(s)

Age UK North Tyneside Walking Group

### Title of event

**Stroll** – Silver Lonnen to Lemington via Denton Dene 4.5 miles

### Brief description

Join our walking group for their stroll for October. Meet at Eldon Square Bus Station at 10.15am



### Date & time of event

**Wednesday 23<sup>rd</sup>**



### Event venue address

Silver Lonnen to Lemington



### Event contact telephone number

0191 287 7027



### Event contact email address

[Caitlin.calvert@](mailto:Caitlin.calvert@ageuknorthtyneside.org.uk)

[ageuknorthtyneside.org.uk](mailto:Caitlin.calvert@ageuknorthtyneside.org.uk)

### Is there a charge for the event?

Yes, £1

### Do people need to book in advance?

No

### Name of organisation(s)

Age UK North Tyneside

### Title of event

**Tai Chi**, Wallsend

### Brief description

Slow and purposeful movements both beneficial for mindfulness and building muscle strength



### Date & time of event

**Monday 2.30-3.30pm** 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>



### Event venue address

Wallsend Customer First Centre



### Event contact telephone number

0191 287 7027



### Event contact email address

Caitlin.calvert@

ageuknorthtyneside.org.uk

### Is there a charge for the event?

Yes, £3

### Do people need to book in advance?

No

### Name of organisation(s)

Age UK North Tyneside

### Title of event

**Gentle Exercise**

### Brief description

Gently exercise to music with exercises adapted to fit your physical abilities



### Date & time of event

Friday 9.30-10.30am 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>



### Event venue address

Wallsend Customer First Centre



### Event contact telephone number

0191 287 7027



### Event contact email address

Caitlin.calvert@

ageuknorthtyneside.org.uk

### Is there a charge for the event?

Yes, £2.50

### Do people need to book in advance?

No

### Name of organisation(s)

Age UK North Tyneside

### Title of event

**Yoga, Forest Hall**

### Brief description

Exercise to become more fit and flexible, improve breathing and relax your mind



### Date & time of event

**Wednesday 1-2pm** 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>



### Event venue address

Springfield Community Centre,  
Springfield Terrace



### Event contact telephone number

0191 287 7027



### Event contact email address

Caitlin.calvert@

ageuknorthtyneside.org.uk

### Is there a charge for the event?

Yes, £2.50

### Do people need to book in advance?

No

### Name of organisation(s)

Age UK North Tyneside

### Title of event

**Line Dance**, Killingworth

### Brief description

Line dancing is a group dance, repeating a sequence of steps to both traditional country music and disco songs.



### Date & time of event

Monday 1.30-3.30pm 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>



### Event venue address

White Swan Centre, Citadel East



### Event contact telephone number

0191 287 7027



### Event contact email address

[Caitlin.calvert@](mailto:Caitlin.calvert@ageuknorthtyneside.org.uk)

[ageuknorthtyneside.org.uk](mailto:Caitlin.calvert@ageuknorthtyneside.org.uk)

### Is there a charge for the event?

Yes, £2.50

### Do people need to book in advance?

No

### Name of organisation(s)

Age UK North Tyneside

### Title of event

**Line Dance**, Dudley

### Brief description

Line dancing is a group dance, repeating a sequence of steps to both traditional country music and disco songs.



### Date & time of event

Tuesday 1-2.30pm 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>



### Event venue address

John Willie Sams Centre, Market Street, Dudley



### Event contact telephone number

0191 287 7027



### Event contact email address

[Caitlin.calvert@](mailto:Caitlin.calvert@ageuknorthtyneside.org.uk)

[ageuknorthtyneside.org.uk](mailto:Caitlin.calvert@ageuknorthtyneside.org.uk)

### Is there a charge for the event?

Yes, £2.50

### Do people need to book in advance?

No

### Name of organisation(s)

Age UK North Tyneside

### Title of event

**Wallsend Men's Group**

### Brief description

This fortnightly group of older men meet to chat, organise trips and bring in speakers



### Date & time of event

**Friday 12noon – 2pm** 11<sup>th</sup> and 25<sup>th</sup>  
October



### Event venue address

Cedar Grove Wellbeing Centre, Cedar Grove



### Event contact telephone number

0191 2877012



### Event contact email address

[Alexis.brown@](mailto:Alexis.brown@ageuknorthtyneside.org.uk)

[ageuknorthtyneside.org.uk](mailto:Alexis.brown@ageuknorthtyneside.org.uk)

### Is there a charge for the event?

Yes, £2.00



### Do people need to book in advance?

No

Name of organisation(s)  
North Tyneside Talking Therapies

Title of event  
**North Tyneside Talking Therapies  
Wellbeing Work Shop**

Brief description  
one off Wellbeing Workshop to individuals living or working in the North Tyneside area and who wish to gain further insight into their mental wellbeing and how this can be improved.

  **Date & time and venue**  
Friday 4<sup>th</sup>– 1pm -3pm Cedar Grove Wellbeing Centre, Cedar Grove, Wallsend

Monday 14<sup>th</sup> - 1pm – 3pm  
Bradbury Centre, 13 Saville Street West, North Shields


Wednesday 30<sup>th</sup> - 1pm – 3pm  
Whitley Bay Training Suite, Park Road


 **Event contact telephone number**  
0191 2808480

Is there a charge for the event?  
No

Do people need to book in advance?  
No

Name of contact person  
Michael Phillips

 **Telephone number (if different from above)**  
0191 295 2775


 **Email**  
[Michael.phillips@northumbria-healthcare.nhs.uk](mailto:Michael.phillips@northumbria-healthcare.nhs.uk)


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Name of organisation(s)  
Hadrian Leisure centre, St Peters Road, Wallsend, NE28 7LQ

Title of event  
**Introduction to the pool (swimming teacher led)**

Brief description  
If you would like to come along and speak to a swimming teacher on becoming more water confident or maybe you need to improve your breathing or swimming technique

 **Date & time of event**  
**Monday 7.15pm to 7.45pm** .....7th, 14th and 21st Oct

 **Event venue address**  
Hadrian Leisure centre, St Peters Road, Wallsend, NE28 7LQ

 **Event contact telephone number**  
0191 643 2025 (limited spaces)

 **Event contact email address**  
[hadrianleisure@northtyneside.gov.uk](mailto:hadrianleisure@northtyneside.gov.uk)

Is there a charge for the event?  
No

Do people need to book in advance?  
Yes

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### Name of Organisation

Age UK North Tyneside

### Brief description

Age Takes Centre Stage Awards event  
(award winners and nominators only)



### Date & time of event

October 31<sup>st</sup> PM



### Event venue address

Wallsend Hall



### Event contact telephone number

Sue Santos 0191 2877017



### Event contact email address

[sue.santos@ageuknorthtyneside.org.uk](mailto:sue.santos@ageuknorthtyneside.org.uk)



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## Contact us

Age UK North Tyneside  
The Bradbury Centre  
13 Saville Street West  
North Shields  
NE29 6QP

0191 280 8484

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