

# Things to do in

# North Shields



**Get Active**



**Connect**



**Learn**



**Give**



**Be present**

**SPRING 2020**

# Get Active



## Emulous Kickboxing Sessions

A range of kickboxing sessions available throughout the week at The East End Youth and Community Centre. Sessions for all ages and ability, contact Ross for more information, availability and prices.

**Ross Gladwin 07891299394**

## The Parks Sports Centre

A variety of classes and facilities at The Parks Sport Centre; including indoor and outdoor pitches, swimming pool, bowling, tennis, trampolining and gym facilities. Enquire directly with The Parks for more information on booking and price lists.

**the.parks@northtyneside.gov.uk 0191 643 2700**

## Deaf Awareness NE

No experience needed for Deaf awareness sport's sessions! Badminton and social dance classes are a great way to get healthy and meet new people. Search Deaf Awareness NE for more information on activities and events.

**info@deafawarenessne.org.uk 07734 176196**

## Collingwood Bowling Club

Try your hand at grass bowls with Collingwood Bowling Club. Coaching and equipment provided at this friendly and welcoming club. Pop in Saturdays 10am-12pm to have a go or contact Fabian for more information

**Fabian Scott 07534905352**

## Northumberland Park

Nestled between Tynemouth and North Shields, Northumberland Park offers tranquil green space, woodland paths, gardens, lake and a bowling green.

**northumberland.park@northtyneside.gov.uk**



# Connect

## North Shields Library Activities

Contact North Shields Library for a list of current activities ranging from mid week film clubs, knit and knatter, local history and more!

**northshields.library@northtyneside.gov.uk 0191 6435270**

## Mums Space

Weekly groups for expectant mums and those with preschool children. Welcoming and supportive atmosphere with activities and creche available. Runs Tuesdays and Thursdays at St Cuthberts Church, contact Wendy for more information.

**wendy.mcconnell@citizensuk.org 07950 426786**

## Friendship Group

Everyone is welcome at the friendship group, perfect for people who want to meet new people and socialise over a cuppa. Held every Friday at the YMCA in North Shields between 2:30pm and 3:30pm.

**pamela.catch@northtyneside.gov.uk 0191 643 7474**

## Happy to Chat

Held on the second and last Tuesday of every month, Happy to Chat runs between 10am and 12pm in the open space adjacent to Barclays Bank in The Beacon Shopping Centre. Pop by for a cuppa and a chat with someone new!

**josie.robinson@voda.org.uk 0191 643 2626**

## Live at Home Scheme

A range of weekly and fortnightly activities for older people. Lunch clubs, art groups, activities and special outings. Costing between £2.50 and £5.50 with transport options available.

**northshields.liveathome@mha.org.uk 0191 263 6917**

# Learn



## Happy Planet Creative Arts

A programme of creative arts workshops delivered at North Shields library. £3.50 per session, friendly and supportive environment open to all who are keen to learn something new and get creative.

[gail@happyplanetcreativearts.org.uk](mailto:gail@happyplanetcreativearts.org.uk) 07752356880

## NT LIFE - Recovery College

NT LIFE Recovery College offers workshops, courses and activities which are all aimed at the self-management of positive mental health and wellbeing, and at sharing Learning Insights From Everyone. Contact Ali for the current course listings or to register.

[ali.donkin@voda.org.uk](mailto:ali.donkin@voda.org.uk) 0191 643 2628

## The Linskill Centre

The Linskill Centre has something for everyone. Skills development and learning classes for any age with Encompass, community activities and workshops for those aged 55+ with EngAGE. Want to meet new people? Connect at Cafe 32 is a social held on the last Wednesday of every month in the Linskill cafe. Contact the centre to find out more!

0191 257 8000

## Old Low Light Heritage Centre

Immerse yourself in the incredible story of North Shields and local heritage. Plenty of exciting volunteering and learning opportunities available at the Old Low Lights.

[info@oldlowlight.co.uk](mailto:info@oldlowlight.co.uk) 0191 257 4506

## Employment and Skills

North Tyneside Council's Employment and Skills service offers courses and support across various times and locations to improve skills, find employment or simply try something new.

[curriculum.support@northtyneside.gov.uk](mailto:curriculum.support@northtyneside.gov.uk) 0191 643 2288



## Give

## Good Neighbours

Good Neighbours supports and trains volunteers to carry out small 'neighbourly tasks such as DIY and shopping for people who could use a little help. Get in touch if you have a little time to spare that could make a big difference.

[admin@voda.org.uk](mailto:admin@voda.org.uk) 0191 643 2626

## Helix Arts

Helix Arts is a social change agency that uses the power of arts to break down barriers. There are lots of volunteering opportunities including, activity support, events, social media, admin and hosting. Contact the team to enquire

[yvonne.dobson@helixart.co.uk](mailto:yvonne.dobson@helixart.co.uk) 0191 241 4931

## Meadow Well Connected

There's something for everyone at Meadow Well Connected, from their community gardens, IT suite, kids club and reception. Enquire with Leah for more information on volunteering opportunities.

[info@meadowwellconnected.org.uk](mailto:info@meadowwellconnected.org.uk) 0191 341 0033

## Age UK North Tyneside

An hour a week can make a huge difference to the life of an older resident. Befriending volunteers are matched with isolated residents for companionship, cups and laughs! Enquire with Beverly for more information.

[beverly.swan@ageuknorthtyneside.org.uk](mailto:beverly.swan@ageuknorthtyneside.org.uk) 0191 287 7013

## Volunteer Centre

VODA's volunteer centre can help you to find the perfect volunteering opportunity to suit your skills, interests and availability. Book a one to one appointment with one of our team today or browse our database.

[www.voda.org.uk/search](http://www.voda.org.uk/search) 0191 643 2626

# Be Present



## LEAPS

Listening Ear and Positive Support (LEAPS) meet weekly on a Friday at North Shields Library. The group acts as a listening ear for one another, giving positive reassurance, advice, help, and support.

[aimeewilson@live.co.uk](mailto:aimeewilson@live.co.uk)

## North Tyneside Carers' Centre

Peer support groups for all carers held at the centre; social activities, 1:1 support, advice and guidance also available. North Tyneside Carers Centre also offers free training to carers on topics such as dementia awareness and mental health. The service also offers a range of support services and sessions for young carers.

[enquiries@ntcarers.co.uk](mailto:enquiries@ntcarers.co.uk) 0191 643 2298

## North Tyneside Mind

Safe space is a friendly and supportive peer group that meets weekly on a Tuesday between 1pm and 3pm at North Shields Library.

0191 282 8130

## North Tyneside Art Studio

Creative arts studio, based in North Shields, provides a welcoming and non-judgemental environment for people to explore their creativity and improve mental health through the arts.

[info.ntartstudio@gmail.com](mailto:info.ntartstudio@gmail.com) 0191 296 1156

## Citizens Advice North Tyneside

Trained advisers can help you make informed decisions on debt, welfare benefits, universal credit, housing, family issues and more. For support or to enquire about volunteering opportunities speak to one of the team.

[www.ntcab.org.uk](http://www.ntcab.org.uk) 0300 3309 047

**SIGN North Tyneside is a free and independent database of local services that can offer help and support for issues affecting your life.**

**For more information on events, activities and services available visit the SIGN Directory**

**<https://services.northtyneside.gov.uk/Sign/>**

This leaflet has been produced by SIGN members who are supporting the campaign to end loneliness in North Tyneside. Contact the project coordinator on how you can get involved or receive support around loneliness.

[josie.robinson@voda.org.uk](mailto:josie.robinson@voda.org.uk)

