



What's on in the East

Spring 2025



Hello

Your Community Family Offer

Family hubs are friendly and welcoming places. There are lots of activities and support for you and your family.

Come along and find out more.



Say Hello

We have locations all over the city. Anywhere you see our logo. You are always welcome.

Contact Us:



Call us

0191 275 9636 (Monday to Friday, 8.30am to 4.30pm)



Email

EastCFN@newcastle.gov.uk



Search Children and Families Newcastle East or scan the QR code:

Scan here



Where we are

East



We welcome families from across the city. Our East Community hubs are at Byker Sands Family Hub, West Walker Family Centre st Martins Centre, Pottery Bank Community Centre and are closest to:

-
- South Jesmond
 - Monument
 - Ouseburn
 - Byker
 - Walker
 - Walkergate
 - Heaton

Monday

What's on East - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	9am to 11am Tyneview Primary School, NE6 3QP	{ 0191 265 6158 @ admin@napi.org.uk
	9:30am to 11:30am Pinewood Close, NE6 4SZ	{ 0191 265 6158 @ admin@napi.org.uk
	10am to 11:30am Heaton Community Centre, NE6 5DY	{ 0191 265 6158 @ admin@napi.org.uk
	10am to 12pm Byker Sands Family Hub, NE6 2FF	{ 0191 275 9636 @ EastCFN@newcastle.gov.uk
	10am to 11:30am Byker Sands Family Hub, NE6 2FF	{ 0191 275 9636 @ EastCFN@newcastle.gov.uk
	10am to 12pm City Library, NE1 8AX	{ 0191 277 4100 library.childrens@newcastle.gov.uk

2 and
under

0 - 5
year

5 - 11
year

11 - 16
year

16+

Parents
Carers

Tyneview Primary School Toddler Group

A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack.



Walkerville Parent and Toddler Group

A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack.



Rainbow Borrowers

A toy loan service for children with additional needs and their families. There is also a play session for children under 5.



Men's Pie Club

Local men get together to make pies and have a chat.



Little Explorers

Bring your child along for lots of fun activities. Things like; messy play, songs and stories.



Into Film club

A club for home-educated children. Explore The Power Of film. Second Monday of the month.



Monday

What's on East - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	10am to 11:30am Heaton Community Centre, NE6 5DY	☎ 0191 265 6158 @ admin@napi.org.uk
	10am to 11:30am Heaton Baptist Church, NE6 5HN	☎ 0191 265 6158 @ admin@napi.org.uk
	10:30am to 12pm Jesmond Parish Church, NE2 3AE	☎ 0191 265 6158 @ admin@napi.org.uk
	10:30am to 11am City Library, NE1 8AX	☎ 0191 277 4100 library.childrens@newcastle.gov.uk
	12:30 to 2:30pm Heaton Community Centre, NE6 5DY	☎ 0191 265 6158 @ admin@napi.org.uk
	12:30pm to 2:30pm Heaton Community Centre, NE6 5DY	☎ 0191 265 6158 @ admin@napi.org.uk

2 and
under

0 - 5
year

5 - 11
year

11 - 16
year

16+

Parents
Carers

Multiples Mayhem

A group for families with twins, triplets and higher order multiples. There is music, things to get young ones moving.



Heaton Baptist Church Parent and Toddler Group

A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack.



Jesmond Parish Church Bumps & Babies Group

A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack.



Storytime

Drop in and enjoy stories in a relaxed atmosphere. Explore what the library has to offer and make friends.



Baby Borrowers

A toy loan service for non-walkering children with additional needs and their families. There is also a play session.



Baby Social

A friendly group for carers and babies. There are lots of games to play and activities to help your baby develop (0-12 months).



Monday

What's on East - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	1pm to 2pm St Martins Centre, NE6 2RJ	☎ 0191 273 3997 @ families.admin@children-ne.org.uk
	3:30pm to 4:30pm City Library, NE1 8AX	☎ 0191 277 4100 @ library.childrens@newcastle.gov.uk
	4pm to 6pm Byker Sands Family Hub, NE6 2FF	☎ 0191 2305533 @ admin@streetwiseno-rth.co.uk
	8pm to 9pm Walker Central Football, NE6 2LJ	@ foundation.active@newcastle.ufc.co.uk

2 and
under

0 - 5
year

5 - 11
year

11 - 16
year

16+

Parents
Carers

Little Minds in Mind

Drop-in to get support with things like; baby lead play, bonding and attachment.



Lego Club

Are you a creative builder? Come along with a parent or carer and join our free Lego Clubs.



Streetwise East Outreach and Youth Hub

A safe space to get support. Activities include sports, games and crafts along with food prep and cooking.



Newcastle United Foundation Free Football

Play and meet new friends in a relaxed environment supported by Newcastle United Foundation coaches. Age 16 to 29



Tuesday

What's on East - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	9:30am to 11am St Oswald's Church, NE6 4RX	☎ 0191 265 6158 @ admin@napi.org.uk
	10am to 11:30am St Gabriel's Church, NE6 5QN	☎ 0191 265 6158 @ admin@napi.org.uk
	10am to 11:30am St Martins Centre, NE6 2RJ	☎ 07468 861933
	10am to 11:30am Heaton Baptist Church, NE6 5HN	☎ 0191 265 6158 @ admin@napi.org.uk
	10am to 11:30am West Walker Family Centre, NE6 3BU	☎ 0191 265 6158 @ admin@napi.org.uk
	1pm to 3pm Nunsmoor Centre, NE4 5AH	☎ 0191 277 4400

2 and
under

0 - 5
year

5 - 11
year

11 - 16
year

16+

Parents
Carers

St Oswald's Church Parent and Toddler Group

A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack.



St Gabriel's Parent and Toddler Group

A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack.



Stay and Play

Come and join our soft play session. There is snacks like toast and fruit to enjoy. For children 4 and under.



Heaton Baptist Church Parent and Toddler Group

A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack.



West Walker Parent and Toddler Group

A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack.



Young Parent Group

Come along while you are pregnant or once baby is here. Meet other young parents, let baby play and get support.



Tuesday

What's on East - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	1pm to 2:30pm Byker Sands Family Hub, NE6 2FF	☎ 0191 275 9636 @ EastCFN@newcastle.gov.uk
£	1pm to 2:30pm Pottery Bank Centre, NE6 3SW	☎ 0191 265 6158 @ admin@napi.org.uk
	1pm to 3:30pm Byker Sands Family Hub, NE6 2FF	☎ 0191 282 3319
	3pm to 4pm Byker Sands Family Hub, NE6 2FF	☎ 0191 275 9636 @ EastCFN@newcastle.gov.uk
	4:30pm to 5:30pm Wallsend Boys Club, NE28 8SX	@ foundation.active@nufc.co.uk
	6pm to 7pm Walker Activity Dome, NE6 3BR	@ foundation.active@nufc.co.uk

2 and
under

0 - 5
year

5 - 11
year

11 - 16
year

16+

Parents
Carers

Baby Social

A friendly group for carers and babies. There are lots of games to play and activities to help your baby develop (0-12 months).

Pottery Bank Parent and Toddler Group

A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack.

Well Baby Clinic drop in

Come along if you would like your baby weighed or have any questions. Please bring your child's red book.

Drop in for Dads

Health drop in for dads and male carers. Ask questions, get support & meet other dads.

Newcastle United Foundation Free Football

Play and meet new friends in a relaxed environment supported by Newcastle United Foundation coaches. Age 16 to 29

Lion Lasses Football

Boost your physical and mental health with Newcastle Active Through Football. Women only, age 16 to 29.

Wednesday

What's on East - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	9:30am to 11:30am Ray Gray Community Centre, NE6 4UH	{ 0191 265 6158 @ admin@napi.org.uk
	10am to 11:30am Byker Sands Family Hub, NE6 2FF	{ 07826 531575
	10am to 12pm Walker Parish Church, NE6 3BS	{ 0191 265 6158 @ admin@napi.org.uk
	10:30am to 1:30pm Walker Parish Church, NE6 3BS	{ 0191 265 6158 @ admin@napi.org.uk
	10:30am to 12pm Jesmond Parish Church, NE2 4DJ	{ 0191 265 6158 @ admin@napi.org.uk
	1pm to 2:30pm Heaton Community Centre, NE6 5DY	{ 0191 265 6158 @ admin@napi.org.uk

2 and
under

0 - 5
year

5 - 11
year

11 - 16
year

16+

Parents
Carers

Ray Gray Parent & Toddler Group

A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack.



Pregnancy Social

Our Pregnancy Social groups are relaxed, informal and friendly. A great way to meet others and get support.



Tiny T's

A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack.



Little Walkers

A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack.



Jesmond Parish Church Toddler Group

A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack.



Little Borrowers Playtime

A play session with a toy loan service.



Thursday

What's on East - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	9am to 11am Tyneview Primary School, NE6 3QP	☎ 0191 265 6158 @ admin@napi.org.uk
	10am to 11:30 St Martins Centre, NE6 2RJ	☎ 07468 861933
	10am to 11:30am Evangelical Church, NE6 2HU	☎ 0191 265 6158 @ admin@napi.org.uk
	10am to 11:30am Heaton Community Centre, NE6 5DY	☎ 0191 265 6158 @ admin@napi.org.uk
	10am to 12pm Byker Sands Family Hub, NE6 2FF	☎ 0191 275 9636 @ EastCFN@newcastle.gov.uk
	10:30am to 12pm All Saints Presbyterian Church, NE1 3UF	☎ 0191 265 6158 @ admin@napi.org.uk

2 and
under

0 - 5
year

5 - 11
year

11 - 16
year

16+

Parents
Carers

Tyneview Primary School Toddler Group

A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack.



Stay and Play

Lots of activities including messy play and free snacks and juice.



Welbeck Road Evangelical Toddlers

A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack.



Bounce and Play at Heaton Community Centre

A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack.



First Time Parents group

A welcoming social group for new first time parents 0-6months



All Tots @ All Saints


A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack.




Thursday

What's on East - Spring 2025

 There's a small cost.

 Term time only.

 You'll need to book.

Info	Time and location	Contact details
	12:30 to 2:30pm Byker Sands Family Hub, NE6 2FF	 0191 282 3319
	1pm to 2.30pm St Martins Centre, NE6 2RJ	 0191 276 4002
	1pm to 2.30pm St Martins Centre, NE6 2RJ	 0191 282 3319
	3pm to 5pm Walker Central Football, NE6 2LJ	@ foundation.active@nufc.co.uk
	4pm to 6pm Byker Sands Family Hub, NE6 2FF	 0191 2305533 @ admin@streetwiseno-rth.co.uk
	6pm to 8pm Walker Activity Dome, NE6 3BR	@ foundation.active@nufc.co.uk

2 and
under

0 - 5
year

5 - 11
year

11 - 16
year

16+

Parents
Carers

Antenatal classes

Classes to help you get ready for baby. Labour and birth, infant feeding, baby practical and getting to know your baby.

Baby Social

A friendly group for carers and babies. There are lots of games to play and activities to help your baby develop (0-12 months).

Well Baby Clinic drop in

Come along if you would like your baby weighed or have any questions. Please bring your child's red book.

Newcastle United Foundation Free Football

Play and meet new friends in a relaxed environment supported by Newcastle United Foundation coaches. Age 16 to 29

Streetwise East Outreach and Youth Hub

A safe space to get support from Youth Workers. Activities include sports, games and crafts along with food prep and

Newcastle United Foundation Free Football

Play and meet new friends in a relaxed environment supported by Newcastle United Foundation coaches. Age 16 to 29

Friday

What's on East - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
 	9:30am to 11:30am Byker Sands Family Hub, NE6 2FF	 0191 275 9636
	10am to 11:30am St Martins Centre, NE6 2RJ	 0191 264 1959  enquiries@hwn.org.uk
 	10am to 2pm Walker Activity Dome, NE6 3BR	 0191 265 6158  admin@napi.org.uk
 	10:30am to 11:30am Great North Museum, NE2 4PT	 0191 265 6158  admin@napi.org.uk
	10:30am to 12pm City of God Church, NE6 3DP	 0191 265 6158  admin@napi.org.uk
 	11am to 11:30am East End Library, NE6 1DL	 0191 277 4100  library.childrens@necastle.gov.uk

2 and
under

0 - 5
year

5 - 11
year

11 - 16
year

16+

Parents
Carers

Culture Exchange

A group to help families from across the world. Learn new skills and create a support network in your local community.



Breastfeeding Social

A relaxed and friendly group. A great way to meet other mums and get handy tips and information.



Toddler World

Sensory and soft play fun. Under 1's are free.



Museum Mice

A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack.



Rising Stars Toddler Group

A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack.



Storytime

Drop in and enjoy stories in a relaxed atmosphere. Explore what the library has to offer and make friends.



Friday

What's on East - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	<p>12:15pm to 1:15pm St Martins Centre, NE6 2RJ</p>	<p>0191 282 3319</p>

2 and
under

0 - 5
year

5 - 11
year

11 - 16
year

16+

Parents
Carers

0-1 Years Infant Feeding Drop In

Come along and chat to a Health Visitor. Ask any questions about bottle feeding , breast feeding and weaning.

Saturday

What's on East - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
 	9am to 12pm Walker Activity Dome, NE6 3BR	☎ 0191 265 6158 @ admin@napi.org.uk
	11am to 12pm East End Library, NE6 1DL	☎ 0191 277 4100 @ library.childrens@ne.wcastle.gov.uk
	11am to 12pm East End Library, NE6 1DL	☎ 0191 277 4100 @ library.childrens@ne.wcastle.gov.uk
	11am to 11:30pm Walker Library, NE6 3BR	☎ 0191 277 4100 @ library.childrens@ne.wcastle.gov.uk

2 and
under

0 - 5
year

5 - 11
year

11 - 16
year

16+

Parents
Carers

Deutschesprachige Kindergruppe

A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack.



Lego Club

Are you a creative builder? Come along with a parent or carer and join our free Lego Clubs.

Storytime

Drop in and enjoy stories in a relaxed atmosphere. Explore what the library has to offer and make friends.



Storytime

Drop in and enjoy stories in a relaxed atmosphere. Explore what the library has to offer and make friends.



Citywide groups and programmes

These groups happen in different places across the city.

Incredible Years

Support and guidance about behaviour and routines. There are five different courses:

- Autism and speech delay course (for parents and carers of 2 – 5 year olds)
- Babies (for parents and carers of unborn babies 6 months old)
- Toddlers (for parents and carers of 1 to 3 year olds)
- Basic (for parents and carers of 3 to 6 year olds)
- School age (for parents and carers of 6 to 12 year olds)

Get in touch to find out more!

Each course lasts between 8 and 14 weeks.

Who's it for?



Strengthening Families

For families with children who are 7 to 17 years old. Learn to:

- Build life skills for young people.
- Build parenting skills.
- Make family relationships stronger.

The course runs for 12 weeks. Who's it for?



For more information or to book

Phone: 0191 275 9636

Email: parentingprogrammes@barnardos.org.uk

Visit: Byker Sands Family Hub, West Walker Family Centre, St Martins Centre or Pottery Bank Community Centre

Sleep Workshops

For parents and carers of children who are 1 to 19 years old. Support and guidance around sleep issues.

A 2-hour workshop.

Who's it for?



HENRY Programme

For parent and carers of children under 5 years old. HENRY stands for Health, Exercise and Nutrition for the Really Young.

HENRY could help you:

- Be a more confident parent.
- Reduce stress at meals.
- Help your child eat more fruit and vegetables.
- Be more active as a family.
- Help your child have less screentime.
- Get ideas to help with routines.

HENRY is an 8-week programme.

Who's it for?



Citywide groups and programmes

These groups happen in different places across the city. For more information or to book:

Ways to Wellbeing

Workshops for parents and carers about children's mental health and wellbeing. Come for information and support.

Topics include:

- Brain Development
- Anxiety
- School Avoidance
- What is Mental Health
- Wellbeing & Self-care.

Our workshops are one hour. They are held across the city. Find out more: <https://children-ne.org.uk/how-we-can-help/help-for-families/ways-to-wellbeing/>

Who's it for?



ROSES – Brighter Futures (Formerly DARE - Domestic Abuse Recovery and Education)

This is a whole family recovery programme. It helps parents and carers understand how abuse affects their children. It looks at support with behaviours and emotions. It runs once a week for eight weeks.

Who's it for? Survivors and their children (aged between 5 – 16 years) who have been exposed to domestic abuse.



Phone: 0191 272 7824

Email: families.admin@children-ne.org.uk

ROSES (Recovery of Survivors Emotional Support) Group

ROSES is a peer support group that meets weekly. It is a place for survivors to share experiences. We talk about ways to help each other over a cup of tea or coffee.

Some of the things we do are:

- Training
- Wellbeing sessions
- One to one support
- Information and signposting.

We also laugh together, talk about our families and things that make us smile.

Who is it for? Survivors of domestic abuse, recent or historic.





Scan QR code
to view our
website



We are here to support you and
your family. We support:

- Parents and carers, including grandparents
- New parents and parents to be
- Children and young people from birth to 19 (or 25 when they have a Special Educational Need and Disability)



children & families
NEWCASTLE



Funded by
UK Government