



# What's on in the Inner West

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

Cowgate Centre: 0191 272 7824 (9am to 4pm)  
Carneige Community Hub: 0191 226 0754 (9am to 4pm)



#### Email

InnerWestCFN@newcastle.gov.uk



Search Children and Families  
Newcastle Inner West or scan  
the QR code:

### Scan here



# Where we are

## Inner West



We welcome families from across the city. Our Inner West Community hubs are at Cowgate Centre, Families Matters, Nunsmoor Centre, Carnegie Community Hub, Wesley House, Benwell Health Resource Centre and are closest to:

- Blakelaw
- West Fenham
- Benwell and Scotswood
- Elswick
- Elswick
- Arthur's Hill
- Wingrove

# Monday

What's on Inner West - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	<b>9am to 11pm</b> Carnegie Community Hub, NE4 8XS	{ 0191 226 0754 @ <a href="mailto:admin@riversidechp.org.uk">admin@riversidechp.org.uk</a>
	<b>9am to 4:30pm</b> Nunsmoor Centre, NE4 5AH	{ 0191 277 4400 @ <a href="mailto:innerwestCFN@newcastle.gov.uk">innerwestCFN@newcastle.gov.uk</a>
	<b>9:30am to 11:30am</b> St Robert's, NE4 9PH	{ 0191 265 6158 @ <a href="mailto:admin@napi.org.uk">admin@napi.org.uk</a>
	<b>9:30am to 11am</b> Nunsmoor Centre, NE4 5AH	{ 0191 272 4244 @ <a href="mailto:enquiries@hwn.org.uk">enquiries@hwn.org.uk</a>
	<b>9:30am to 11am</b> West End Women and Girls Centre, NE4 6SQ	{ 0191 265 6158 @ <a href="mailto:admin@napi.org.uk">admin@napi.org.uk</a>
	<b>9:30am to 11:30am</b> Nunsmoor Centre, NE4 5AH	{ 0191 282 3319

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0 - 5  
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11 - 16  
year

16+

Parents  
Carers

### Welfare Advice and Support

Support with Disability Living Allowance (DLA) or Personal Independence Payment (PIP) application.



### Nunsmoor Sensory Room

A quiet room to relax in with lots of sensory items.



### St Robert's Carers 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.



### Cook, Play and Learn

Come and join in with healthy cooking activities.



### Toon Tots

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

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



# Monday

What's on Inner West - Spring 2025



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Info	Time and location	Contact details
	<b>10am to 11:30am</b> Health Resource Centre, NE4 8BE	☎ 07826 531575 @ <a href="mailto:enquiries@hwn.org.uk">enquiries@hwn.org.uk</a>
	<b>10am to 11am</b> The Cowgate Centre, NE5 3UT	☎ 0191 272 7824 @ <a href="mailto:families.admin@children-ne.org.uk">families.admin@children-ne.org.uk</a>
 	<b>10am to 11am</b> Carnegie Community Hub, NE4 8XS	☎ 0191 226 0754 @ <a href="mailto:jade@riversidechp.co.uk">jade@riversidechp.co.uk</a>
	<b>10am to 4:30pm</b> West End Library, NE4 9JH	☎ 0191 278 8600 @ <a href="mailto:westend@newcastle.gov.uk">westend@newcastle.gov.uk</a>
	<b>10:30am to 11am</b> Fenham Library, NE4 9XD	☎ 0191 277 4100
	<b>1pm to 1:45pm</b> The Cowgate Centre, NE5 3UT	☎ 0191 272 7824

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### Breastfeeding Social

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



### Boogie Bairns

A fun filled session with music, singing and dancing.



### Baby Massage

Baby massage is a lovely way to enjoy time and bond with your baby. It can help with colic, teething, and circulation.



### Housing service drop in

Call in and chat about your application to Newcastle Homes.

Things like banding or uploading documents to your application.



### Storytime

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



### 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

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You'll need to book.

Info	Time and location	Contact details
	<b>1pm to 2:30pm</b> Carnegie Community Hub, NE4 8XS	☎ 0191 226 0754 @ <a href="mailto:admin@riversidechp.org.uk">admin@riversidechp.org.uk</a>
	<b>1pm to 2:30pm</b> Scotswood Gardens, NE15 6TT	☎ 0191 265 6158 @ <a href="mailto:admin@napi.org.uk">admin@napi.org.uk</a>
	<b>1:30pm to 2:30pm</b> The Cowgate Centre, NE5 3UT	☎ 0191 273 3997
	<b>2pm to 2:30pm</b> West End Library, NE4 9JH	☎ 0191 277 4100
	<b>2pm to 4:30pm</b> Nunsmoor Centre, NE4 5AH	☎ 0191 277 1944 @ <a href="mailto:careersteam@newcastle.gov.uk">careersteam@newcastle.gov.uk</a>
	<b>3:30pm to 6pm</b> The Cowgate Centre, NE5 3UT	☎ 07946 314 037 @ <a href="mailto:kelly@projects4change.org">kelly@projects4change.org</a>



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### Toddle Time

Each week there are activities to help little ones learn and get moving.



### Early Explorers

A friendly group for carers of young children. This is an outdoor group.



### Little Minds in Mind

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



### Storytime

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



### Newcastle Careers Advice Drop-in

Are you aged 16 to 19 (or 25 with an EHCP). Unsure about your next steps? Pop in a chat with a Careers Advisers.



### Projects 4 Change

Come and join us to explore the outdoors, build dens and make friends.



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Info	Time and location	Contact details
	<b>3pm to 4:30pm</b> Health Resource Centre, NE4 8BE	☎ 07826 531575
	<b>4:30pm to 5:30pm</b> Pendower Good Neighbour, NE15 6SD	☎ 0191 242 4892 @ <a href="mailto:keith.parsons@hattri-ckproject.org">keith.parsons@hattri-ckproject.org</a>
	<b>4:30pm to 6:30pm</b> West End Women and Girls, NE4 6SQ	☎ 0191 273 4942 @ <a href="mailto:info@westendwomenandgirls.co.uk">info@westendwomenandgirls.co.uk</a>
	<b>4pm to 5:30pm</b> Northbourne Youth Initiative, NE4 7RP	☎ 0191 273 7371 @ <a href="mailto:northbournestreetyi@gmail.com">northbournestreetyi@gmail.com</a>
 	<b>4pm to 5pm</b> Nucastle, NE4 6BQ	☎ 0191 820 0848
 	<b>4pm to 5pm</b> Nucastle, NE4 6BQ	☎ 0191 820 0848

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### **Pregnancy Social**

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

### **Hat-Trick Multi-Sports**

Get active with Hat-Trick. Sessions include football, cricket, tennis and more. ● ● ●

### **Girls Club Make a Noise**

For girls aged 8-13 years. Play music, sing, mc, learn an instrument. ● ●

### **Northbourne Juniors Youth Group**

Junior After School Group for ages 8-11 years ●  
Activities include: cooking, sport, homework and games.

### **Nucastle, Indoor Multi Sports**

Play, learn and make friends at our free sessions for children and young people. Age 8 to 14. ● ●

### **Nucastle, Football**

Play, learn and make friends at our free sessions for children and young people. Age 8 to 11. ●

# Monday

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Info	Time and location	Contact details
 	<b>4pm to 6pm</b> Young Peoples Service, NE15 6RU	{ 0191 273 3997 @ <a href="mailto:enquiries@children-ne.org.uk">enquiries@children- ne.org.uk</a>
 	<b>5pm to 6pm</b> Newcastle, NE4 6BQ	{ 0191 820 0848
	<b>6pm to 7:30pm</b> Northbourne Youth Initiative, NE4 7RP	{ 0191 273 7371 @ <a href="mailto:northbournestreetyi@gmail.com">northbournestreetyi @gmail.com</a>

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### Allotment Session

Join us to plant and grow. Take part in outdoor crafts and even cooking what we grow! Under 16s and over 16s sessions.

### Nucastle, Game on

Play, learn and make friends at our free sessions for children and young people. Age 8 to 13.

### Northbourne Inters Youth group

For ages 11-14 years to have fun and make friends. Activities include: djing & music, cooking, playing pool and more.

# Tuesday

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Info	Time and location	Contact details
	<b>08:50am 10:00am</b> Wingrove Primary School, NE4 9HN	{ 0191 265 6158 @ <a href="mailto:admin@napi.org.uk">admin@napi.org.uk</a>
	<b>9am to 4:30pm</b> Families Matter Blakelaw, NE5 3PL	{ 0191 282 3319
	<b>9am to 4:30pm</b> Nunsmoor Centre, NE4 5AH	{ 0191 277 4400 @ <a href="mailto:innerwestCFN@newcastle.gov.uk">innerwestCFN@newcastle.gov.uk</a>
	<b>9am to 3pm</b> Carnegie Community Hub, NE4 8XS	{ 0191 226 075 @ <a href="mailto:admin@riversidechp.org.uk">admin@riversidechp.org.uk</a>
	<b>9:00am 11:30am</b> Holy Cross Church Hall, NE5 2SA	{ 0191 265 6158 @ <a href="mailto:admin@napi.org.uk">admin@napi.org.uk</a>
	<b>9:30am to 11:30am</b> Carnegie Community Hub, NE4 8XS	{ 0191 282 3319

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### Little Wingrovians

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



### Self Weigh Well Baby Station

Drop in and weigh your own baby. Please note there are no staff at this drop in. It is self service.



### Nunsmoor Sensory Room

A quiet room to relax in with lots of sensory items.



### Welfare Advice and Support

Information for Czech and Slovakian families on things like; benefits, housing and money.



### Holy Cross 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.



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Info	Time and location	Contact details
	<b>9:30am to 11:30am</b> Carnegie Community Hub, NE4 8XS	{ 0191 226 0754 @ <a href="mailto:admin@riversidechp.org.uk">admin@riversidechp.org.uk</a>
	<b>9:30am to 11am</b> The Cowgate Centre, NE5 3UT	{ 0191 272 7824 @ <a href="mailto:families.admin@children-ne.org.uk">families.admin@children-ne.org.uk</a>
	<b>10am to 11:30am</b> Health Resource Centre, NE4 8BE	{ 0191 272 4244
	<b>10:30am to 11:30am</b> Carnegie Community Hub, NE4 8XS	{ 0191 226 075 @ <a href="mailto:admin@riversidechp.org.uk">admin@riversidechp.org.uk</a>
	<b>1pm to 3pm</b> Nunsmoor Centre, NE4 5AH	{ 0191 277 4400
	<b>1pm to 2pm</b> Carnegie Community Hub, NE4 8XS	{ 0191 273 3997 <a href="mailto:families.admin@children-ne.org.uk">families.admin@children-ne.org.uk</a>



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### Family drop in

Come along for friendly advice and support from lots of services. ●

Health Visiting, School Admissions and many more.

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### Babies Play Together

Stay and play session. Come along and let baby sing and play. ●

Meet other local families.

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### Cook, Play and Learn

Come and join in with healthy cooking activities. ●

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### 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). ●

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### Young Parent Group

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

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### Little Minds in Mind

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

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Info	Time and location	Contact details
	<b>1pm to 2pm</b> The Cowgate Centre, NE5 3UT	{ 0191 272 7824 @ <a href="mailto:families.admin@children-ne.org.uk">families.admin@children-ne.org.uk</a>
	<b>4pm to 5pm</b> Nucastle, NE4 6BQ	{ 0191 820 0848
	<b>4pm to 5:30pm</b> Northbourne Youth Initiative, NE4 7RP	{ 0191 273 7371 @ <a href="mailto:northbournestreetyi@gmail.com">northbournestreetyi@gmail.com</a>
	<b>4:30pm to 6pm</b> The Cowgate Centre, NE5 3UT	{ 0191 272 7824 @ <a href="mailto:families.admin@children-ne.org.uk">families.admin@children-ne.org.uk</a>
	<b>4:30pm to 6pm</b> The Cowgate Centre, NE5 3UT	{ 07946 314 037 @ <a href="mailto:kelly@projects4change.org">kelly@projects4change.org</a>
	<b>5pm to 7pm</b> West End Women and Girls, NE4 6SQ	{ 0191 273 4942

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### **Baby Massage**

Baby massage is a lovely way to enjoy time, and bond with your baby. It can help with colic, teething, and circulation.



### **Nucastle, Gaming Club**

Play, learn and make friends at our free sessions for children and young people. Age 8 to 11.



### **Northbourne Juniors Youth Group**

Junior After School Group for ages 8-11 years. Activities include: cooking, sport, homework and games.



### **Children North East Youth Group**

For ages 15 - 17 years old. Join us in safe space where everyone is welcome. Meet, chat and create through art, music and games.



### **Projects 4 Change**

Come and join us to explore the outdoors, build dens and make friends.



### **Tuesday Club @ West End Women and Girls**

Fun activities like arts and crafts, dance, sing and make new friends.



# Tuesday

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Info	Time and location	Contact details
 	<b>5pm to 7:30pm</b> Nucastle, NE4 6BQ	 0191 820 0848
 	<b>6pm to 7pm</b> Nucastle, NE4 6BQ	 0191 820 0848

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### **Nu**castle, **Football**

Play, learn and make friends at our free sessions for children and young people. Age 12 to 14.



### **Nu**castle, **Gaming**

Play, learn and make friends at our free sessions for children and young people. Age 12 to 14.



# Wednesday

What's on Inner West - Spring 2025



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Info	Time and location	Contact details
 	<b>9am to 3pm</b> Nunsmoor Centre, NE4 5AH	{ 0191 410 9974 <a href="mailto:rebecca.weatherstone@ne-as.org.uk">rebecca.weatherstone@ne-as.org.uk</a>
	<b>9am to 4:30pm</b> Nunsmoor Centre, NE4 5AH	{ 0191 277 4400 @ <a href="mailto:innerwestCFN@newcastle.gov.uk">innerwestCFN@newcastle.gov.uk</a>
	<b>9am to 3pm</b> Carnegie Community Hub, NE4 8XS	{ 0191 226 075 @ <a href="mailto:admin@riversidechp.org.uk">admin@riversidechp.org.uk</a>
	<b>9:15am to 10:30am</b> Carnegie Community Hub, NE4 8XS	@ <a href="mailto:admin@napi.org.uk">admin@napi.org.uk</a>
	<b>9:30am to 1pm</b> Wesley House, NE4 8BA	{ 0191 272 4990
	<b>10am to 11am</b> Health Resource Centre, NE4 8BE	{ 0191 272 4244 @ <a href="mailto:enquiries@hwn.org.uk">enquiries@hwn.org.uk</a>

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### NEAS Autism Support Hub

For parents and carers. Workshops looking at how to support children with autism. You can also chat one to one. Once a Month.



### Nunsmoor Sensory Room

A quiet room to relax in with lots of sensory items.



### Welfare Advice and Support

Information for families on things like; benefits, housing and money.



### Breakfast Stay and Play

A friendly group for carers of young children. There is music, things to get young ones moving. Breakfast is provided.



### Welfare Rights Advice @ Elswick

Benefits support and advice, Slovakian speaker present for interpreting to support.



### Boogie Bairns

A fun filled session with music, singing and dancing.



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Info	Time and location	Contact details
	<b>10am to 11am</b> Nunsmoor Centre, NE4 5AH	☎ 0191 273 3997 @ <a href="mailto:families.admin@children-ne.org.uk">families.admin@children-ne.org.uk</a>
	<b>10am to 12pm</b> The Cowgate Centre, NE5 3UT	☎ 0191 272 7824 @ <a href="mailto:families.admin@children-ne.org.uk">families.admin@children-ne.org.uk</a>
	<b>10am to 2pm</b> West End Library, NE4 9JH	☎ 0191 278 8600 @ <a href="mailto:westend@newcastle.gov.uk">westend@newcastle.gov.uk</a>
	<b>10:30am to 11am</b> Blakelaw Library, NE5 3TS	☎ 0191 277 4100
	<b>11am to 12pm</b> Health Resource Centre, NE4 8BE	☎ 0191 282 3319
	<b>12:30pm to 2pm</b> The Cowgate Centre, NE5 3UT	☎ 0191 282 3319



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### Little Minds in Mind

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



### Wellbeing Wednesday

A group for adults only. Activities are led by you. Call for more details. **Every other week.**



### Housing service drop in

Call in and chat about your application to Newcastle Homes. Things like banding or uploading documents to your application.



### Storytime

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



### 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.



### Well Baby Clinic drop in

Baby massage is a lovely way to enjoy time with your baby. It can help you bond. It can also help with colic, teething, and



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Info	Time and location	Contact details
	<b>1pm to 2:30pm</b> Health Resource Centre, NE4 8BE	☎ 0191 264 1959 @ <a href="mailto:enquiries@hwn.org.uk">enquiries@hwn.org.uk</a>
	<b>4pm to 5:30pm</b> Nucastle, NE4 6BQ	☎ 0191 264 1959 <a href="mailto:enquiries@inspireyouthtw.org.uk">enquiries@inspireyouthtw.org.uk</a>
	<b>4pm to 6pm</b> West End Women and Girls, NE4 6SQ	☎ 0191 273 4942
	<b>4pm to 5:30pm</b> Northbourne Youth Initiative, NE4 7RP	☎ 0191 273 7371 @ <a href="mailto:northbournestreetyi@gmail.com">northbournestreetyi@gmail.com</a>
	<b>4pm to 6pm</b> Graingerville, NE4 6UJ	☎ 0191 273 3997
	<b>4:30pm to 6pm</b> The Cowgate Centre, NE5 3UT	☎ 0191 272 7824 @ <a href="mailto:families.admin@children-ne.org.uk">families.admin@children-ne.org.uk</a>

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### **Baby Massage**

Baby massage is a lovely way to enjoy time, and bond with your baby. It can help with colic, teething, and circulation.

### **Nucastle, Juniors Youth Hub**

A space for children aged 5 and 11 to make friends, have fun and learn about the world. Children under 8 must be signed in.

### **Cook it! Grow it!**

Come along and learn new recipes. Learn how to grow things. Play games and make new friends. Age 8 to 13.

### **Northbourne Inters Youth group**

For ages 11-14 years to have fun and make friends. Activities include: djing & music, cooking, playing pool and more.

### **FAB Club**

The FAB (Fantastic and Brilliant) Group is a group of young people aged 11 to 25 who have SEND. Once a Month.

### **Children North East Youth Group**

Join us in a safe space where everyone is welcome. Meet, chat and create through art, music and games. Age 11 to 14.

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Info	Time and location	Contact details
	 <b>6pm to 7pm</b> St John's Turf, NE4 8HE	 0780 833 9983
<b>Starting 5 March 2025</b>		
	 <b>10am to 11am</b> The Cowgate Centre, NE5 3UT	 0191 272 7824  <a href="mailto:families.admin@children-ne.org.uk">families.admin@children-ne.org.uk</a>

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### Hat-Trick Youth Group

Get active and have fun with Hat-Trick. Sessions include beauty, sport, music and more.



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### SEND Stay and Play

Under 5 year olds Stay and Play for children with SEND.  
A friendly and relaxed group to enjoy with your children.



# Thursday

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Info	Time and location	Contact details
	<b>9am to 4:30pm</b> Nunsmoor Centre, NE4 5AH	☎ 0191 277 4400 @ <a href="mailto:innerwestCFN@newcastle.gov.uk">innerwestCFN@newcastle.gov.uk</a>
	<b>9am to 11am</b> Denton Burn Church, NE15 7ER	☎ 0191 265 6158 @ <a href="mailto:admin@napi.org.uk">admin@napi.org.uk</a>
	<b>9:30am to 10:30am</b> St James & St Basil's Church, NE4 9XP	☎ 0191 265 6158 @ <a href="mailto:admin@napi.org.uk">admin@napi.org.uk</a>
	<b>9:30am to 11:30am</b> The Cowgate Centre, NE5 3UT	0191 272 7824 <a href="mailto:families.admin@childrensren-north-east.org.uk">families.admin@childrensren-north-east.org.uk</a>
	<b>10am to 11:30am</b> Health Resource Centre, NE4 8BE	☎ 0191 272 4244 @ <a href="mailto:enquiries@hwn.org.uk">enquiries@hwn.org.uk</a>

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### **Nunsmoor Sensory Room**

A quiet room to relax in with lots of sensory items.



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### **Kelly'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.



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### **Jellyfish and Bees @ St J's and B's**

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



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### **Stay and Play**

A welcoming group with lot of activities for children under 5.



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### **Sensory Baby**

Engage your child's senses in this fun session. This session is for babies from birth to 12 months.



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Info	Time and location	Contact details
	<b>12:30pm to 2pm</b> Health Resource Centre, NE4 8BE	0191 282 3319
	<b>12:30pm to 2:30pm</b> Carnegie Community Hub, NE4 8XS	0191 226 0754 <a href="mailto:admin@riversidechp.org.uk">admin@riversidechp.org.uk</a>
	<b>3:30pm to 6pm</b> The Cowgate Centre, NE5 3UT	07946 314 037 <a href="mailto:kelly@projects4chan.ge.org">kelly@projects4chan.ge.org</a>
	<b>4pm to 5pm</b> Nucastle, NE4 6BQ	0191 820 0848
	<b>4pm to 5:30pm</b> The Cowgate Centre, NE5 3UT	0191 272 7824 <a href="mailto:families.admin@children-ne.org.uk">families.admin@children-ne.org.uk</a>
	<b>4pm to 5:30pm</b> West End URC Church, NE5 2DE	0191 264 1959 <a href="mailto:enquiries@inspireyou.thtw.org.uk">enquiries@inspireyou.thtw.org.uk</a>



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11 - 16  
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16+

Parents  
Carers

### Well Baby Clinic

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



### Men's Pie Club

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



### Projects 4 Change

Come and join us to explore the outdoors, build dens and make friends.



### Nucastle, Multi-sports

Play, learn and make friends at our free sessions for children and young people. Age 8 to 11.



### Cooking On A Budget

A cooking session for the whole family to enjoy together.



### URC Junior Youth Club

A space for children aged 5 and 11 to make friends, have fun and learn about the world. Children under 8 must be signed in.



# Thursday

What's on Inner West - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	<b>4pm to 5:30pm</b> Northbourne Youth Initiative, NE4 7RP	☎ 0191 273 7371 @ <a href="mailto:northbournestreetyi@gmail.com">northbournestreetyi@gmail.com</a>
	<b>4:45pm to 5:45pm</b> Ryehill (MUGA), NE47JU	☎ 0191 242 4892 @ <a href="mailto:keith.parsons@hattri.ckproject.org">keith.parsons@hattri.ckproject.org</a>
 	<b>5pm to 6pm</b> Nucastle, NE4 6BQ	☎ 0191 820 0848
	<b>5pm to 6pm</b> St John's Turf, NE4 8HE	☎ 0191 242 4892 @ <a href="mailto:keith.parsons@hattri.ckproject.org">keith.parsons@hattri.ckproject.org</a>
	<b>5:30pm to 7:30pm</b> West End Women and Girls Centre, NE4 6SQ	☎ 0191 273 4942
 	<b>6pm to 7pm</b> Nucastle, NE4 6BQ	☎ 0191 820 0848

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16+

Parents  
Carers

### Northbourne Juniors Youth Group

Junior After School Group for ages 8-11 years. Activities include: cooking, sport, homework and games.

### Hat-Trick Multi-Sports

Get active with Hat-Trick. Sessions include football, cricket, tennis and more.

### Nucastle, Football

Play, learn and make friends at our free sessions for children and young people. Age 12 to 14.

### Hat-Trick Multi-Sports

Get active with Hat-Trick. Sessions include football, cricket, tennis and more.

### West End Women and Girls Centre - Older Girls Group

Come along and have fun and make friends. Age 13 to 19

### Nucastle, Gaming Club

Play, learn and make friends at our free sessions for children and young people. Age 12 to 14.



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16+

Parents Carers

### Inspire Youth Girls Group

A safe space for girls aged between 12-16 years to come and socialise, learn about the world around them.



# Friday

What's on Inner West - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	<b>9am to 10:45am</b> Broadwood Primary School, NE15 7TB	{ 0191 265 6158 @ <a href="mailto:admin@napi.org.uk">admin@napi.org.uk</a>
	<b>9am to 4:30pm</b> Nunsmoor Centre, NE4 5AH	{ 0191 277 4400 @ <a href="mailto:innerwestCFN@newcastle.gov.uk">innerwestCFN@newcastle.gov.uk</a>
	<b>9:30am to 11:30am</b> St Robert's, NE4 9PH	{ 0191 265 6158 @ <a href="mailto:admin@napi.org.uk">admin@napi.org.uk</a>
	<b>10am to 11:30am</b> Health Resource Centre, NE4 8BE	{ 0191 264 1959 @ <a href="mailto:enquiries@hwn.org.uk">enquiries@hwn.org.uk</a>
	<b>10am to 11am</b> The Cowgate Centre, NE5 3UT	{ 0191 272 7824 @ <a href="mailto:families.admin@children-ne.org.uk">families.admin@children-ne.org.uk</a>
	<b>10am to 4:30pm</b> West End Library, NE4 9JH	{ 0191 278 8600 @ <a href="mailto:westend@newcastle.gov.uk">westend@newcastle.gov.uk</a>

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Parents  
Carers

### **Broadwood Toddlers**

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



### **Nunsmoor Sensory Room**

A quiet room to relax in with lots of sensory items.



### **St Robert's Carers 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.



### **Messy Play**

Bring your child along for lots of fun activities. Things like; painting, playdough and pasta play!



### **My Storytime Adventure and Play**

Come and join us and enjoy your favourite stories.



### **Housing service drop in**

Call in and chat about your application to Newcastle Homes.


Things like banding or uploading documents to your application.




# Friday

## What's on Inner West - Spring 2025

 There's a small cost.

 Term time only.

 You'll need to book.

Info	Time and location	Contact details
	<b>10am to 12pm</b> Nunsmoor Centre, NE4 5AH	☎ 0191 265 6158 @ <a href="mailto:admin@napi.org.uk">admin@napi.org.uk</a>
	<b>10:15am to 11:45am</b> Westgate Hill Baptist Church, NE4 6NX	☎ 0191 265 6158 @ <a href="mailto:admin@napi.org.uk">admin@napi.org.uk</a>
	<b>10:30am to 11:30am</b> Carnegie Community Hub, NE4 8XS	☎ 0191 226 0754 @ <a href="mailto:admin@riversidechp.org.uk">admin@riversidechp.org.uk</a>
	<b>12:30pm to 2:30pm</b> Health Resource Centre, NE4 8BE	☎ 0191 282 3319
	<b>1pm to 2pm</b> The Cowgate Centre, NE5 3UT	☎ 0191 272 7824 @ <a href="mailto:families.admin@children-ne.org.uk">families.admin@children-ne.org.uk</a>
	<b>3:30pm to 4:30pm</b> Fenham Library, NE4 9XD	☎ 0191 277 4100



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Parents  
Carers

### **Al-Ihsan Mother, Baby and Toddler Group**

A friendly group for carers of young children. There is music, things to get young ones moving. This is a women's only group.



### **Westgate 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.



### **Boogie Bairns**

A fun filled session with music, singing and dancing.



### **Antenatal Classes**

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



### **Men in Mind Playgroup**

Calling all dads and male carers. Join us, with the children you look after, for a fun filled play session.



### **Lego Club**

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



# Friday

What's on Inner West - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	<b>3:45pm to 4:45pm</b> West End Library, NE4 9JH	0191 277 4100
	<b>4pm to 4:30pm</b> Blakelaw Library, NE5 3TS	0191 277 4100
	<b>4pm to 5pm</b> Nucastle, NE4 6BQ	0191 820 0848
	<b>4pm to 5pm</b> Nucastle, NE4 6BQ	0191 820 0848
	<b>4pm to 7pm</b> Graingerville, NE4 6UJ	0191 246 6913
	<b>6:30pm to 9:30pm</b> Nucastle, NE4 6BQ	0191 264 1959 <a href="mailto:enquiries@inspireyou.thtw.org.uk">enquiries@inspireyou thtw.org.uk</a>

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16+

Parents  
Carers

### Code Club

Would you like to learn how to make your own computers games? At Code Club you can!



### Storytime

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



### Nucastle, Football

Play, learn and make friends at our free sessions for children and young people. Age 8 to 11.



### Nucastle, Gaming Club

Play, learn and make friends at our free sessions for children and young people. Age 8 to 11.



### Masquer-Aid Programme

A 12-week programme where they learn about what it means to be neurodivergent. Age 11 to 25. A referral is required.



### Inspire Youth Seniors

A safe space for young people aged between 11-16 years to come and socialise and learn about the world around them.



# Saturday

What's on Inner West - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	<b>10am to 11:30am</b> Health Resource Centre, NE4 8BE	0191 272 4244 <a href="mailto:enquiries@hwn.org.uk">enquiries@hwn.org.uk</a>
	<b>10:30am to 11am</b> Cruddas Park Library, NE4 7QY	0191 277 4100
	<b>10:30am to 11am</b> Denton Burn Library, NE15 7QQ	0191 277 4100
	<b>11pm to 1pm</b> Fenham Library, NE4 9XD	0191 277 4100
	<b>12pm to 1pm</b> Denton Burn Library, NE15 7QQ	0191 277 4100
	<b>12pm to 3pm</b> Nunsmoor Centre, NE4 5AH	0191 277 4400

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11 - 16  
year

16+

Parents  
Carers

### Family fun session

Fun family session for children 0-8 years and their parents and carers. First Saturday of the month.



### 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.



### Lego Club

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



### Lego Club

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



### Weekend Play

A family play session with things like arts, crafts, dance or board game. Children under 8 must attend with an adult.



# Groups and programmes in Inner West

For more information or to book:

## Group

### Decider Skills

This course will help you:

- Recognise your thoughts, feelings, and behaviours.
- Manage your emotions and mental health.

How many sessions? 6 (one a week)

Who's it for?



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### Incredible Years home coaching

One-to-one support for you and your family.

- Learn with your child while playing and having fun.
- Help your child be ready for starting school.
- Learn how to talk and listen to your child better.
- Improve family routines at home.
- Learn to use rules, rewards and praise.

How many sessions? 12-14

Who's it for?



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### Women's Wellbeing

A relaxed and friendly group for women. Improve your mental health and wellbeing. Build confidence and self-esteem. Make new friends and have fun!

How many sessions? 6 (one a week)

Who's it for?



**Phone:** 0191 272 4990

**Email:** InnerWestCFN@newcastle.gov.uk

**Visit:** Cowgate Centre, Families Matters, Nunsmoor Centre, Carnegie Community Hub, Wesley House, Benwell Health Resource Centre

## Group

### **Solihull: Understanding your baby**

A group for all parents and carers welcoming a new baby.  
Find out more about:

- How your baby's brain develops and how you can support this.
- How you and your baby might feel and what can support you both.
- Ways to react to crying.
- How to help with healthy sleep patterns and responsive feeding.
- How play can help your baby's development.

**How many sessions? 6 (one a week)**

**Who's it for?**

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### **Solihull: Understanding your child**

A group for parents and carers of children aged nine months to 19 years.

Find out more about:

- How our brains work at different times in our lives.
- What this means for how we think and express how we feel.
- Your child's development and behaviour.
- How your child communicates.
- Why sometimes things go well and sometimes they don't.

**How many sessions? 6 (one a week)**

**Who's it for?**



# Citywide groups and programmes

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

## Group

### 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 – 3 year olds)
- Basic (for parents and carers of 3 – 6 year olds)
- School age (for parents and carers of 6 – 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 – 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?





**Phone:** 0191 275 9636

**Email:** [parentingprogrammes@barnardos.org.uk](mailto:parentingprogrammes@barnardos.org.uk)

**Visit:** Cowgate Centre, Families Matters, Nunsmoor Centre, Carnegie Community Hub, Wesley House, Benwell Health Resource Centre

## Group

### Sleep Workshops

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

**A 3-hour workshop.**

**Who's it for?**



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### 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:

### Group

#### 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?**



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#### 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](mailto:families.admin@children-ne.org.uk)

## Group

### **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



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