



What's on in the North

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 2777 800 (Monday to Friday, 8.30am to 4.30pm)



Email

NorthCFN@newcastle.gov.uk



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

Scan here



Where we are

North



We welcome families from across the city. Our North Community hubs are at Gosforth Library, Fawdon Childrens Centre and The Haven and are closest to:

-
- Parklands
 - Castle
 - Fawdon & West Gosforth
 - Kenton
 - Gosforth
 - Dene & South Gosforth
 - North Jesmond
 - Manor park
-

Monday

What's on North - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	10am to 11:30m Great Park Community Centre, NE13 9BD	{ 0191 211 5773 @ nesscb@actionforchil-dren.org.uk
	10am to 11:30am The Haven, NE3 3RX	{ 0191 271 6677 @ enquiries@hwn.org.uk
	10am to 12pm Gosforth Library, NE3 3HD	{ 0191 275 5060 @ info@newcastlecarers.org.uk
	1pm to 2:30pm Fawdon Children's Centre, NE3 2SN	{ 0191 271 6677 @ enquiries@hwn.org.uk
	3:30pm to 4:45pm Kenton Library, NE3 3QJ	{ 0191 265 6158
	4:30pm to 6:30pm Kenton Park Sports Centre, NE3 3LL	{ 0191 499 0571 @ info@neyouth.org.uk

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16+

Parents
Carers

SEND Parent and Carer Support Group

Does your child have a special educational need or disability?

Come along and get advice, and chat to other parents.



Messy Play

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



Newcastle Carers Support

Information and support for carers. Being a carer means you are looking after someone who is ill or disabled, and not being paid.



Messy Play

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



Lego Club

Are you a creative builder? Come along with a parent or carer and join our free Lego Clubs. **Fisrt Thursday of the Month**



Kenton Youth Project - NE Youth

A sessions are for all young people 13+. Activities include things like; spending time with friends and making new ones.



Monday

What's on North - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	5pm to 6:30pm Gosforth Civic Theatre, NE3 3HD	 0191 284 3700

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16+

Parents
Carers

Gosforth Civic Theatre Voices Youth Choir

If you are age 11 to 18 year olds (or up to 24 if you have additional needs). Come and sing with us!



Tuesday

What's on North - 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 St Hugh's Church Hall, NE3 3HS	{ 0191 265 6158 @ admin@napi.org.uk
	9:30am to 4pm Fawdon Children's Centre, NE3 2SN	{ 07918 627 758
	9:45am to 11:45am St Aidans Community Centre, NE3 5NF	{ 0191 265 6158 @ admin@napi.org.uk
	10am to 11:30am Fawdon Children's Centre, NE3 2SN	{ 0191 264 1959 @ enquiries@hwn.org.uk
	10am to 12:30am Kenton Centre, NE3 3QJ	{ 0191 278 8600 @ northkenton@newcastle.gov.uk
	10am to 12pm Fawdon Children's Centre, NE3 2SN	{ 0191 282 3319

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Parents
Carers

Come and Play at St Hugh's Church Hall

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



Learning Hive

Get support to: look for work, complete job applications, practise interview skills, practise English, Maths and ICT.



Brunton Park 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.



Baby Massage

Baby massage is a lovely way to enjoy time with your baby and help you bond. 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.



Antenatal Classes

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



Tuesday

What's on North - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	10am to 12pm The Haven, NE3 3RX	☎ 0800 278 7823
	11:30am to 11:30am Gosforth Library, NE3 3HD	☎ 0191 277 4100
	11am to 1pm The Haven, NE3 3RX	☎ 0191 282 3319
	1pm to 2pm The Haven, NE3 3RX	☎ 0191 282 3319
	1pm to 2:30pm All Saints Church Hall, NE3 4ES	☎ 0191 265 6158 @ admin@napi.org.uk
	1pm to 3pm Nunsmoor Centre, NE4 5AH	☎ 0191 277 4400

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Parents
Carers

Citizens Advice Drop in

Information for families on things like; benefits, housing, the law and immigration.

Storytime

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

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.

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.

Little Saints 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



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	3:30pm to 5pm Gosforth Library, NE3 3HD	☎ 0191 265 6158
	3:30pm to 5pm The Haven, NE3 3RX	☎ 0191 264 1959 @ enquiries@inspireyou.thtw.org.uk
	5pm to 7pm Gosforth Civic Theatre, NE3 3HD	☎ 0191 284 3700 @ nfo@gosforthcivictheatre.co.uk
	5:30pm to 8pm Gosforth Civic Theatre, NE3 3HD	☎ 0191 284 3700 @ youth@curiousarts.org.uk

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Parents
Carers

Lego Club

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



Haven Juniors Youth Group

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



Gosforth Civic Theatre - Gaming Social

A weekly gaming drop in for young people to socialise in a relaxed space. Gamers can play a range of consoles with friends.



Curious Youth Music

Curious Youth Music is a group for LGBTQ+ young people aged 12 to 19 who are interested in music. **Every other Tuesday.**



Wednesday

What's on North - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	9am to 4pm Fawdon Children's Centre, NE3 2SN	0191 410 9974 kerrie.highcock@neas.org.uk
	9:15am to 10:45am St Georges URC, NE7 7HP	{ 0191 265 6158 @ admin@napi.org.uk
	9:30am to 11:30am Trinity Church, NE3 4AG	{ 0191 265 6158 @ admin@napi.org.uk
	9:30am to 4pm Fawdon Children's Centre, NE3 2SN	{ 07918 627 758
	10am to 11:30am The Haven, NE3 3RX	{ 0191 264 1959 @ enquiries@hwn.org.uk
	1pm to 3pm Gosforth Library, NE3 3HD	{ 0191 282 3319

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Parents
Carers

NEAS Autism Support Hub

For parents and carers. Workshops on to support children with autism. You can also chat one to one. **Once a month.**



Little Fishes @ Manor Park

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



Trinity Toddlers

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



Learning Hive

Get support to: look for work, complete job applications, practise interview skills, practise English, Maths and ICT.



Baby Massage

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



Well Baby Clinic

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



Wednesday

What's on North - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	3pm to 5:30pm The Haven, NE3 3RX	☎ 07946 314 037 @ kelly@projects4chan ge.org
	3:30pm to 5pm Hazelrigg Community Centre, NE13 7AS	☎ 0191 264 1959 @ enquiries@inspireyou thtw.org.uk
	4pm to 5pm Gosforth Civic Theatre, NE3 3HD	☎ 0191 284 3700 @ kelly@liberdade.co.u k

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Parents
Carers

Projects 4 Change

A fun, weekly girls youth session. This is a youth lead group.



Hazelrigg Juniors Youth Group

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



Contemporary Dance Class

For young people aged 14 to 24 with learning disabilities. This class will leave you feeling energised, inspired and worked out!



Thursday

What's on North - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	9:30am to 4pm Fawdon Children's Centre, NE3 2SN	{ 07918 627 758
	9:45am to 11:30am St Aidans Community Centre, NE3 5NF	{ 0191 265 6158 @ admin@napi.org.uk
	10am to 2pm Kenton Centre, NE3 3QJ	{ 0191 282 3319
	10am to 12pm The Haven, NE3 3RX	{ 07872 618895 @ vicki@ontheup.uk
	10am to 11:30am Fawdon Children's Centre, NE3 2SN	{ 0191 272 4244 @ enquiries@hwn.org.uk
	10am to 11:30am Regent Chapel, NE3 3HD	{ 0191 265 6158 @ admin@napi.org.uk

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Parents
Carers

Learning Hive

Get support to: look for work, complete job applications, practise interview skills, practise English, Maths and ICT.

Brunton Park 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.

Self Weigh Well Baby Station

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

Women's Wellbeing and Enterprise

Come along and develop your business enterprise skills, while having fun, crafting and make friends.

Sensory Baby

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

Oaks and Acorns Grandparents Group

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 North - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	10am to 11am Kenton Library, NE3 3QJ	0191 2774100
	10:30am to 11am Kenton Library, NE3 3QJ	0191 2774100
	10:30am to 11am High Heaton Library, NE7 7HD	0191 2774100
	1pm to 2pm Fawdon Children's Centre, NE3 2SN	0191 273 3997 families.admin@child ren-ne.org.uk
	1pm to 3:30pm Kenton Centre, NE3 3QJ	0191 278 8600 northkenton@ newcastle.gov.uk
	1pm to 2:30pm Fawdon Children's Centre, NE3 2SN	07826 531575 enquiries@hwn.org.u k

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Parents
Carers

Baby Social

Drop in sessions for parents of children under 1. Meet other local families and have a chat whilst your children play.

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.

Little Minds in Mind

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

Housing service drop in

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

Breastfeeding Social

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

Thursday

What's on North - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	1:30pm to 3pm St Francis Church, NE7 7QH	0191 265 6158 admin@napi.org.uk
	4pm to 5:30pm The Haven, NE3 3RX	07826 531575

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16+

Parents
Carers

St Francis 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.



Pregnancy Social

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



Friday

What's on North - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	9:30am to 12:30pm Fawdon Children's Centre, NE3 2SN	{ 0191 282 3319
	9:15am to 11:30am Holy Trinity Church, NE2 1HB	{ 0191 265 6158 @ admin@napi.org.uk
	9:45am to 11:30am Saint Aidan's Church, NE3 5NF	{ 0191 265 6158 @ admin@napi.org.uk
	10am to 11:30am Gosforth Civic Theatre, NE3 3HD	{ 0191 211 5773 @ nesscb@actionforchil-dren.org.uk
	10:30am to 11am Gosforth Library, NE3 3HD	{ 0191 277 4100
	1:30pm to 5pm Coxlodge Methodist Church, NE3 4PA	{ 07536 060607

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Parents
Carers

Well Baby Clinic

Come along to get your baby weighed or have any questions. Please bring your child's red book. **Appointment needed.**



Trinity Tots

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



Brunton Babies (up to 1 year old)

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



SEND Parent and Carer Support Group

Does your child have a special educational need or disability? Come along to get advice, and chat. **Once a month.**



Storytime

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



SEN Sessions @ The Owl Tree Community Nest

Come and join us for a fun session with space to run, climb and explore. Try out our sensory room. **Once every two weeks.**



Friday

What's on North - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	3:30pm to 4:30pm Gosforth Library, NE3 3HD	☎ 0191 277 4100
	3:30pm to 4:40pm Kenton Library, NE3 3QJ	☎ 0191 277 4100
	3:30pm to 4:40pm Gosforth Library, NE3 3HD	☎ 0191 277 4100
	4pm to 5:30pm St Marys Church, NE3 2RR	☎ 0191 264 1959 @ enquiries@inspireyou thtw.org.uk

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16+

Parents
Carers

Creative Writing Club



Come along and join our creative writing group.

Swap Club



Come along and swap books and toys with your friends.



Swap Club



Come along and swap books and toys with your friends.



St Marys Juniors Youth Group

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.



Saturday

What's on North - 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 Gosforth Civic Theatre, NE3 3HD	☎ 0191 284 3700 @ info@unfoldingtheatre.co.uk
	11am to 12pm High Heaton Library, NE7 7HD	☎ 0191 277 4100
	11am to 1pm Kenton Library, NE3 3QJ	☎ 0191 2774100

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16+

Parents
Carers

North East Deaf Youth Theatre

A **monthly** workshops! Designed for deaf young people. Try out writing, storytelling, acting, lighting and backstage skill.



Lego Club

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



Craft Club

There are new crafts to enjoy every week and all materials are provided. Once a month.



Groups and programmes in North

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?



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?



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?



For more information or to book:

Phone: 0191 211 5773

Email: NorthCFN@newcastle.gov.uk

Visit: Fawdon Children's Centre, The Haven or Gosforth Library

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?



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:

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 to 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 2759636

Email: parentingprogrammes@barnardos.org.uk

Visit: Fawdon Children's Centre, The Haven or Gosforth Library

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 2727824

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