



# What's on in the Outer 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

0191 2777 800 (Monday to Friday, 8.30am to 4.30pm)



#### Email

[OuterWestCFN@newcastle.gov.uk](mailto:OuterWestCFN@newcastle.gov.uk)



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

### Scan here



# Where we are

Outer West



We welcome families from across the city. Our Outer West Community hubs at the Galafield Family Hub and Charlton Street Hub are closest to:

- Callerton and Throckley
- Chapel
- Denton and Westerhope
- Kingston Park
- South and Newbiggin Hall
- Lemington

# Monday

What's on Outer 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 12pm</b> Galafield Family Hub, NE5 1LZ	☎ 0800 278 7823
	<b>9am to 12pm</b> Galafield Family Hub, NE5 1LZ	☎ 0191 275 3019 @ <a href="mailto:info@nclwefb.org">info@nclwefb.org</a>
£	<b>9:30am to 1:30pm</b> Galafield Family Hub, NE5 1LZ	☎ 0191 277 7800 @ <a href="mailto:OuterWestCFN@newcastle.gov.uk">OuterWestCFN@ newcastle.gov.uk</a>
£	 <b>9:30am to 11am</b> Galafield Family Hub, NE5 1LZ	☎ 0191 265 6158 @ <a href="mailto:admin@napi.org.uk">admin@napi.org.uk</a>
	<b>9:30am to 11:30am</b> Galafield Family Hub, NE5 1LZ	☎ 0191 282 3319
	 <b>9:45am to 11:15am</b> Galafield Family Hub, NE5 1LZ	☎ 0191 277 7800 @ <a href="mailto:OuterWestCFN@newcastle.gov.uk">OuterWestCFN@ newcastle.gov.uk</a>

2 and  
under

0 - 5  
year

5 - 11  
year

11 - 16  
year

16+

Parents  
Carers

### Citizens Advice Drop-in Session

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

### Galafield Foodbank

Our volunteers can help you with food and other support. Please bring, proof of ID and income, and your own bags.

### Soft Play

Friendly soft play with two areas for different ages. There are 3 sessions. Maximum of 10 children per session.

### Galafield 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.

### 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 Outer West - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	<b>9:30am to 11:00am</b> St Johns Church, NE5 1NN	☎ 0191 265 6158 @ <a href="mailto:admin@napi.org.uk">admin@napi.org.uk</a>
	<b>10:30am to 11am</b> Outer West Library NE5 2QZ	☎ 0191 277 4100 @ <a href="mailto:library.childrens@necastle.gov.uk">library.childrens@necastle.gov.uk</a>
	<b>1pm to 2.30pm</b> Galafield Family Hub, NE5 1LZ	☎ 07961 734298 @ <a href="mailto:enquiries@hwn.org.uk">enquiries@hwn.org.uk</a>
	<b>1pm to 2:45pm</b> Westerhope Methodist Church, NE5 5HA	☎ 0191 265 6158 @ <a href="mailto:admin@napi.org.uk">admin@napi.org.uk</a>
	<b>3:30pm to 5pm</b> Throckley Community Hall, NE15 9EL	☎ 0191 264 1959 @ <a href="mailto:enquiries@inspireyouthtw.org.uk">enquiries@inspireyouthtw.org.uk</a>
	<b>3:45pm to 5:15pm</b> Holy Spirit Church, NE5 2BE	☎ 0191 264 1959 @ <a href="mailto:enquiries@inspireyouthtw.org.uk">enquiries@inspireyouthtw.org.uk</a>

2 and  
under

0 - 5  
year

5 - 11  
year

11 - 16  
year

16+

Parents  
Carers

### **St John'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.



### **Storytime**

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



### **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.



### **Little Treasures @ Westerhope Methodist Toddler Group**

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



### **Throckley Juniors Youth Group (age 5 to 8)**

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



### **Holy Spirit Juniors Youth Group (age 5 to 8)**

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



# Monday

What's on Outer West - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	<b>4:30pm to 8pm</b> Galafield Family Hub, NE5 1LZ	{ 07966 027545 @ <a href="mailto:chantal.mccartney@hotmail.com">chantal.mccartney@hotmail.com</a>
	<b>5:15pm to 6:45pm</b> Throckley Community Hall, NE15 9EL	{ 0191 264 1959 @ <a href="mailto:enquiries@inspireyou.thtw.org.uk">enquiries@inspireyou.thtw.org.uk</a>
	<b>5:30pm to 7pm</b> Holy Spirit Church, NE5 2BE	{ 0191 264 1959 @ <a href="mailto:enquiries@inspireyou.thtw.org.uk">enquiries@inspireyou.thtw.org.uk</a>
	<b>7pm to 8:30pm</b> Throckley Community Hall, NE15 9EL	{ 0191 264 1959 @ <a href="mailto:enquiries@inspireyou.thtw.org.uk">enquiries@inspireyou.thtw.org.uk</a>
	<b>7pm to 8:30pm</b> Holy Spirit Church, NE5 2BE	{ 0191 264 1959 @ <a href="mailto:enquiries@inspireyou.thtw.org.uk">enquiries@inspireyou.thtw.org.uk</a>



2 and  
under

0 - 5  
year

5 - 11  
year

11 - 16  
year

16+

Parents  
Carers

### CM Dance Academy

Dance classes. For all ages and abilities. For more information please contact via email, phone or Facebook.

### Throckley Juniors Youth Group (age 8 to 11)

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

### Holy Spirit Juniors Youth Group (age 8 to 11)

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

### Throckley Inters Youth Group

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

### Charlton Street Inters Youth Group

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

# Tuesday

What's on Outer 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 4pm</b> Galafield Family Hub, NE5 1LZ	☎ 07918 627758
£	<b>9:15am to 10:45am</b> Walbottle Village Primary, NE15 8JL	☎ 0191 265 6158 @ <a href="mailto:admin@napi.org.uk">admin@napi.org.uk</a>
£	<b>9:30am to 1:30pm</b> Galafield Family Hub, NE5 1LZ	☎ 0191 277 7800 @ <a href="mailto:OuterWestCFN@newcastle.gov.uk">OuterWestCFN@ newcastle.gov.uk</a>
	<b>9:30am to 11:30am</b> Charlton Street Hub, NE15 8RN	☎ 07899 896673
£	<b>9:30am to 11am</b> Church Of The Holy Nativity, NE5 1DR	☎ 0191 265 6158 @ <a href="mailto:admin@napi.org.uk">admin@napi.org.uk</a>
£	<b>9:30am to 11am</b> Galafield Family Hub, NE5 1LZ	☎ 0191 265 6158 @ <a href="mailto:admin@napi.org.uk">admin@napi.org.uk</a>

2 and  
under

0 - 5  
year

5 - 11  
year

11 - 16  
year

16+

Parents  
Carers

### Learning Hive

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

### Walbottle Village Primary School 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.

### Soft Play

Friendly soft play with two areas for different ages. There are 3 sessions. Maximum of 10 children per session.

### Lemington Food and Clothes Bank

Drop in providing food parcels for families and children's clothing. Please bring, proof of ID and income.

### Little Fishes 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.

### Galafield 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.

# Tuesday

What's on Outer West - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	<b>9:30am to 11:30am</b> St Johns Church, NE3 2HB	0191 265 6158 <a href="mailto:admin@napi.org.uk">admin@napi.org.uk</a>
	<b>10am to 11am</b> Charlton Street Hub, NE15 8RN	0191 267 4315
	<b>11am to 3pm</b> Galafield Family Hub, NE5 1LZ	0191 230 4777 <a href="mailto:reception@nelawcen.tre.co.uk">reception@nelawcen.tre.co.uk</a>
	<b>12:30pm to 2pm</b> Galafield Family Hub, NE5 1LZ	0191 277 7800 <a href="mailto:OuterWestCFN@newcastle.gov.uk">OuterWestCFN@newcastle.gov.uk</a>
	<b>1pm to 3pm</b> Nunsmoor Centre, NE4 5AH	0191 277 4400
	<b>1pm to 2:30pm</b> Galafield Family Hub, NE5 1LZ	0191 264 1959 <a href="mailto:enquiries@hwn.org.uk">enquiries@hwn.org.uk</a>

2 and  
under

0 - 5  
year

5 - 11  
year

11 - 16  
year

16+

Parents  
Carers

### **Tiny Tots**

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.



### **Family Law drop in**

Free family law advice on things like; domestic abuse, supporting children through separation or divorce and parents rights.



### **Cooking Made Easy**

Learn to cook tasty meals using simple ingredients.



### **Young Parent Group**

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



### **Messy Play**

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



# Tuesday

What's on Outer West - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	<b>1pm to 2:30pm</b> Lemington Centre, NE15 8RZ	☎ 0191 264 1959 @ <a href="mailto:enquiries@hwn.org.uk">enquiries@hwn.org.uk</a>
	<b>1:30 to 4:30pm</b> Charlton Street Hub, NE15 8RN	☎ 0191 277 1944 @ <a href="mailto:careersteam@newcastle.gov.uk">careersteam@newcastle.gov.uk</a>
	<b>1:30 to 4:30pm</b> Galafield Family Hub, NE5 1LZ	☎ 0191 277 1944 @ <a href="mailto:careersteam@newcastle.gov.uk">careersteam@newcastle.gov.uk</a>
	<b>3:30pm to 5pm</b> Lemington Centre, NE15 8RZ	☎ 0191 264 1959 @ <a href="mailto:enquiries@inspireyouthtw.org.uk">enquiries@inspireyouthtw.org.uk</a>
	<b>4:30pm to 5:30pm</b> West Denton Leisure Centre, NE5 2QZ	☎ 0191 2424892 @ <a href="mailto:keith.parsons@hattrickproject.org">keith.parsons@hattrickproject.org</a>
	<b>5pm to 7pm</b> Lemington Football Centre, NE15 7LQ	@ <a href="mailto:Layla.Nicholson@neyouth.org.uk">Layla.Nicholson@neyouth.org.uk</a>

2 and  
under

0 - 5  
year

5 - 11  
year

11 - 16  
year

16+

Parents  
Carers

### Messy Play

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



### Newcastle Careers Advice Session

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



### Newcastle Careers Advice Session

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



### Lemington Juniors Youth Group (age 5 to 8)

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



### Hat-Trick Multi-Sports

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



### Lemington Youth Session

Young people come and make friends and take part in activities. Things like; sport, arts and crafts and team building.



# Tuesday

What's on Outer West - Spring 2025




There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	<b>5:15pm to 6:45pm</b> Lemington Centre, NE15 8RZ	☎ 0191 264 1959 @ <a href="mailto:enquiries@inspireyou.thtw.org.uk">enquiries@inspireyou.thtw.org.uk</a>
	<b>6pm to 9pm</b> Galafield Family Hub, NE5 1LZ	☎ 0191 286 4046



2 and  
under

0 - 5  
year

5 - 11  
year

11 - 16  
year

16+

Parents  
Carers

---

### Lemington Juniors Youth Group (age 8 to 11)

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



---

### Bingo

Come and join in the fun with a game of Bingo!



---

---

---

---

---

---

---

---

# Wednesday

What's on Outer West - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	<b>8:45am to 10:30am</b> St. Georges Primary School, NE15 6XX	{ 0191 265 6158 @ <a href="mailto:admin@napi.org.uk">admin@napi.org.uk</a>
	<b>9am to 4pm</b> Galafield Family Hub, NE5 1LZ	{ 07918 627758 @ <a href="mailto:hthinkell@northernlearingtrust.org.uk">hthinkell@northernlearingtrust.org.uk</a>
	<b>9am to 12pm</b> Galafield Family Hub, NE5 1LZ	{ 0191 275 3019 @ <a href="mailto:info@nclwefb.org">info@nclwefb.org</a>
	<b>9:30am to 1:30pm</b> Galafield Family Hub, NE5 1LZ	{ 0191 277 7800 @ <a href="mailto:OuterWestCFN@newcastle.gov.uk">OuterWestCFN@newcastle.gov.uk</a>
	<b>10am to 11:30am</b> Charlton Street Hub, NE15 8RN	{ 07961 734298 @ <a href="mailto:enquiries@hwn.org.uk">enquiries@hwn.org.uk</a>
	<b>10am to 11:30am</b> Newburn Parish Hall, NE15 8LS	{ 0191 265 6158 @ <a href="mailto:admin@napi.org.uk">admin@napi.org.uk</a>

2 and  
under

0 - 5  
year

5 - 11  
year

11 - 16  
year

16+

Parents  
Carers

### Little Dragons Baby 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.



### Learning Hive

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



### Galafield Foodbank

Our volunteers can help you with food and other support. Please bring, proof of ID and income, and your own bags.



### Soft Play

Friendly soft play with two areas for different ages. There are 3 sessions. Maximum of 10 children per session.



### 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.



### Noah's Ark Baby 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.



# Wednesday

What's on Outer West - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	<b>12:30pm to 2:30pm</b> Charlton Street Hub, NE15 8RN	☎ 0191 282 3319
	<b>1pm to 2:30pm</b> Charlton Street Hub, NE15 8RN	☎ 07826 531575 @ <a href="mailto:enquiries@hwn.org.uk">enquiries@hwn.org.uk</a>
	<b>1:30pm to 3pm</b> Galafield Family Hub, NE5 1LZ	☎ 0191 264 1959 @ <a href="mailto:enquiries@hwn.org.uk">enquiries@hwn.org.uk</a>
	<b>4:30pm to 6:30pm</b> Denton Youth Project, NE5 1DN	☎ 0191 264 7566 @ <a href="mailto:info@dycp.org.uk">info@dycp.org.uk</a>
	<b>4:30pm to 5:30pm</b> Holy Spirit Church, NE5 2BE	☎ 0191 2424892 @ <a href="mailto:keith.parsons@hattrickproject.org">keith.parsons@hattrickproject.org</a>
	<b>4:30pm to 8pm</b> Galafield Family Hub, NE5 1LZ	☎ 07966 027545 @ <a href="mailto:chantal.mccartney@hotmail.com">chantal.mccartney@hotmail.com</a>

2 and  
under

0 - 5  
year

5 - 11  
year

11 - 16  
year

16+

Parents  
Carers

### 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.



### Breastfeeding Social

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



### Cook, Play and Learn

Come and join in with healthy cooking activities.



### Denton Youth & Community Project - junior session

A friendly group include things like; sports and games, cookery, arts and crafts and project work.



### Hat-Trick Multi-Sports

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



### CM Dance Academy

Dance classes. For all ages and abilities. For more information please contact via email, phone or Facebook.



# Wednesday

What's on Outer West - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	<b>5pm to 7pm</b> Galafield Family Hub, NE5 1LZ	07946 314037 <a href="mailto:kelly@projects4chan.ge.org">kelly@projects4chan ge.org</a>
	<b>6pm to 8pm</b> Throckley Pavilion, NE15 9EU	☎ 0191 499 0571 @ <a href="mailto:haley@neyouth.org.uk">haley@neyouth.org.uk</a>
	<b>6pm to 7:30pm</b> Galafield Family Hub, NE5 1LZ	☎ 0191 264 1959 @ <a href="mailto:enquiries@inspireyou.thtw.org.uk">enquiries@inspireyou thtw.org.uk</a>

2 and  
under

0 - 5  
year

5 - 11  
year

11 - 16  
year

16+

Parents  
Carers

### Prism NE

Support and youth session for trans and non-binary young people. **Every other week.**

---

### Throckley Youth Session

Young people come and make friends and take part in activities. Things like; sport, arts and crafts and team building.

---

### Galafield Girls Youth Group

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

---


---


---

# Thursday

What's on Outer 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 11am</b> West Denton Church, NE5 5AY	 0191 265 6158  <a href="mailto:admin@napi.org.uk">admin@napi.org.uk</a>
	<b>9am to 12pm</b> Galafield Family Hub, NE5 1LZ	 07927 578376
	<b>9:30am to 1:30pm</b> Galafield Family Hub, NE5 1LZ	 0191 277 7800  <a href="mailto:OuterWestCFN@newcastle.gov.uk">OuterWestCFN@ newcastle.gov.uk</a>
	<b>10am to 11am</b> Galafield Family Hub, NE5 1LZ	 0191 278 8600  <a href="mailto:westend@newcastle.gov.uk">westend@ newcastle.gov.uk</a>
	<b>10am to 11:30am</b> Charlton Street Hub, NE15 8RN	 0191 264 1959  <a href="mailto:enquiries@hwn.org.uk">enquiries@ hwn.org.uk</a>
	<b>10:30am to 11am</b> Outer West Library, NE5 2QZ	 0191 277 4100  <a href="mailto:library.childrens@newcastle.gov.uk">library.childrens@ne wcastle.gov.uk</a>



2 and  
under

0 - 5  
year

5 - 11  
year

11 - 16  
year

16+

Parents  
Carers

### West Denton 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.



### Tobacco Dependency Treatment Service Drop-in

Stopping smoking is one of the best things you can do for you and your baby. Quitting is most successful with the right support.



### Soft Play

Friendly soft play with two areas for different ages. There are 3 sessions. Maximum of 10 children per session.



### Housing service drop in

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



### Messy Play

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



### Storytime

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



# Thursday

What's on Outer West - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	<b>11:30am to 12:30pm</b> Charlton Street Hub, NE15 8RN	☎ 0191 282 3319
	<b>12:30pm to 2:30pm</b> Galafield Family Hub, NE5 1LZ	☎ 0191 282 3319 @ <a href="mailto:enquiries@hwn.org.uk">enquiries@hwn.org.uk</a>
	<b>1:30pm to 3pm</b> Galafield Family Hub, NE5 1LZ	☎ 0191 264 1959 @ <a href="mailto:enquiries@hwn.org.uk">enquiries@hwn.org.uk</a>
	<b>4pm to 5:30pm</b> Charlton Street Hub, NE15 8RN	☎ 0191 264 1959 @ <a href="mailto:enquiries@inspireyouthtw.org.uk">enquiries@inspireyouthtw.org.uk</a>
	<b>4:30pm to 6:30pm</b> Denton Youth Project, NE5 1DN	☎ 0191 264 7566 @ <a href="mailto:info@dycp.org.uk">info@dycp.org.uk</a>
	<b>4:30pm to 8pm</b> Galafield Family Hub, NE5 1LZ	☎ 07966 027545 @ <a href="mailto:chantal.mccartney@hotmail.com">chantal.mccartney@hotmail.com</a>

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.

### Antenatal Classes

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

### Sensory Baby

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

### Lemington Lads Group

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

### Denton Youth & Community Project - junior session

A friendly group include things like; sports and games, cookery, arts and crafts and project work.

### CM Dance Academy

Dance classes. For all ages and abilities. For more information please contact via email, phone or Facebook.

# Thursday

What's on Outer West - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	<b>4:45pm to 7:15pm</b> Charlton Street Hub, NE15 8RN	☎ 0191 264 1959 @ <a href="mailto:enquiries@inspireyou">enquiries@inspireyou</a> <a href="http://thtw.org.uk">thtw.org.uk</a>
	<b>5pm to 6:30pm</b> Charlton Street Hub, NE15 8RN	☎ 07899 896673
	<b>5pm to 7pm</b> Holy Spirit Church, NE5 2BE	☎ 0191 2305533 @ <a href="mailto:admin@streetwiseno">admin@streetwiseno</a> <a href="http://rth.co.uk">rth.co.uk</a>
	<b>6pm to 8pm</b> Throckley Pavilion, NE15 9EU	☎ 0191 499 0571 @ <a href="mailto:haley@neyouth.org.uk">haley@neyouth.org.uk</a>
	<b>6:30pm to 8pm</b> Lemington Centre, NE15 8RZ	☎ 0191 264 1959 @ <a href="mailto:enquiries@inspireyou">enquiries@inspireyou</a> <a href="http://thtw.org.uk">thtw.org.uk</a>

2 and  
under

0 - 5  
year

5 - 11  
year

11 - 16  
year

16+

Parents  
Carers

### **Charlton Street Girls Group**

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



### **Lemington Food Bank**

Drop in providing food parcels for families. Please bring, proof of ID and income.



### **Streetwise Outer West Outreach and Youth Hub**

For 13-19 year olds. A safe space to get support from Youth Workers. Activities include: sport, cooking and games.



### **Throckley Youth Project - NE Youth**

Come and join us for a cup of tea and to make new friends. Young people get involved with a range of different activities.



### **Inspire Youth at Inspiring Allotments**

This project is for young people to create a safe, relaxing space to grow their own food and learn about the outdoors.



# Friday

## What's on Outer West - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
	<b>9:30am to 11.30am</b> Galafield Family Hub, NE5 1LZ	☎ 0191 277 7800 @ <a href="mailto:OuterWestCFN@newcastle.gov.uk">OuterWestCFN@newcastle.gov.uk</a>
	<b>9:30am to 11am</b> Throckley Surgery, NE15 9PA	☎ 0191 282 3319
	<b>10am to 11am</b> Galafield Family Hub, NE5 1LZ	☎ 0191 273 3997 @ <a href="mailto:families.admin@children-ne.org.uk">families.admin@children-ne.org.uk</a>
	<b>10am to 11:30am</b> Lemington Centre, NE15 8RZ	☎ 0191 264 1959 @ <a href="mailto:enquiries@hwn.org.uk">enquiries@hwn.org.uk</a>
	<b>10:30am to 11am</b> Newburn Library, NE15 8LN	☎ 0191 277 4100 @ <a href="mailto:library.childrens@newcastle.gov.uk">library.childrens@newcastle.gov.uk</a>

2 and  
under

0 - 5  
year

5 - 11  
year

11 - 16  
year

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.



### **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.



### **Little Minds in Mind Drop In**

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



### **Sensory Baby**

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



### **Storytime**


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




# Friday

## What's on Outer West - Spring 2025

 There's a small cost.

 Term time only.

 You'll need to book.

Info	Time and location	Contact details
	<p><b>1pm to 2:30pm</b> Galafield Family Hub, NE5 1LZ</p>	<p> 07826 531575  <a href="mailto:enquiries@hwn.org.uk">enquiries@hwn.org.uk</a></p>
<p> </p>	<p><b>1pm to 4pm</b> West Denton Leisure Centre, NE5 2QZ</p>	<p> 0191 265 6158  <a href="mailto:admin@napi.org.uk">admin@napi.org.uk</a></p>
<p></p>	<p><b>3:30pm to 5pm</b> Galafield Family Hub, NE5 1LZ</p>	<p> 0191 264 1959  <a href="mailto:enquiries@inspireyouthtw.org.uk">enquiries@inspireyouthtw.org.uk</a></p>
<p> </p>	<p><b>6pm to 8pm</b> Denton Youth Project, NE5 1DN</p>	<p> 0191 264 7566  <a href="mailto:info@dycp.org.uk">info@dycp.org.uk</a></p>



2 and  
under

0 - 5  
year


5 - 11  
year

11 - 16  
year

16+


Parents  
Carers

### **Pregnancy Social**

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


---

### **Toddler's World @ West Denton Leisure Centre**

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


---

### **Galafield Juniors Youth Group**

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

---

### **Denton Youth & Community Project - senior session**

A friendly group include things like; sports and games, cookery,  arts and crafts and project work.

---

# Saturday

What's on Outer West - Spring 2025



There's a small cost.



Term time only.



You'll need to book.

Info	Time and location	Contact details
 	<b>9:30am to 4:30pm</b> Galafield Family Hub, NE5 1LZ	☎ 07966 027545 @ <a href="mailto:chantal.mccartney@hotmail.com">chantal.mccartney@hotmail.com</a>
	<b>10.30am to 12.30pm</b> Newburn Library, NE15 8LN	☎ 0191 277 4100 @ <a href="mailto:library.childrens@newcastle.gov.uk">library.childrens@newcastle.gov.uk</a>
	<b>11am to 1pm</b> Outer West Library, NE5 2QZ	☎ 0191 277 4100 @ <a href="mailto:library.childrens@newcastle.gov.uk">library.childrens@newcastle.gov.uk</a>
 	<b>6pm to 9pm</b> Galafield Family Hub, NE5 1LZ	☎ 0191 286 4046

2 and  
under

0 - 5  
year

5 - 11  
year

11 - 16  
year

16+

Parents  
Carers

### CM Dance Academy

Dance classes. For all ages and abilities. For more information please contact via email, phone or Facebook.



### 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.



### Bingo

Come and join in the fun with a game of Bingo!



# Groups and programmes in Outer West

## 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 277 7800

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

**Visit:** Galafield Family Hub or Charlton Street Hub

### **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.

## 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](mailto:parentingprogrammes@barnardos.org.uk)

**Visit:** Galafield Family Hub or Charlton Street Hub

## **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.

## 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.**





For more information or to book

**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  
To Book



# Solihull: Understanding your baby

A group for all parents and carers  
welcoming a new baby.

## Find out more about:

- Your baby's brain development and how you can support this.
- Ways to comfort and calm your crying baby.
- Healthy sleep patterns and responsive feeding.
- Play to help your baby learn and develop.
- How you and your baby might feel and what can support you both.

## How many sessions?

6 (one a week)

## Who's it for?

Parents and  
carers of babies  
0-9 months

## For more information or to book:

### Phone

0191 277 7800

### Visit

Galafield Family Hub or Charlton Street Hub

### Email

OuterWestCFN@newcastle.gov.uk



children & families  
NEWCASTLE

**Galafield Cafe**

*Action for  
Children*

# Soft play

**Come and enjoy our soft play at  
Galafield Family Hub!**

Open Monday - Thursday

- 9:30am to 10:30am
- 11am to 12 midday
- 12:30pm to 1:30pm

No booking needed.

£2.50 per child.

For children 0 - 6 years old.



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