



Programme of Events

July 2018

View the list of local Events & Workshops currently taking place – this includes regular weekly events as well as one-off events. **We would recommend that you check with organisers before attending events in case there have been any changes to timings.** Contact details are included for each listing.

Regular Weekly Events:

| Monday | | | | |
|--|--------------------|---|-------|---|
| Event/Activity | Time | Venue | Cost | For further information |
| Tap Dancing | 9.45-10.15 | Blackfriars Hall, New Bridge Street | £1.50 | Linda Williams 0191 4773559 Ext. 237 |
| Art Club for over 55s | 10.00-12.00 | St Martin's Centre, Roman Way, Byker | £1 | St Martin's Centre 0191 276 4002 |
| Easy Walks (meet Eldon Square Bus Station) | 10.15 (monthly) | TBC | TBC | Frances Child, Search Project 0191 273 7443 |
| Beginners Tai Chi | 10.15-11.15 | Mindful Therapies, Basement, British India | £4.50 | Linda Williams 0191 477 3559 Ext. 237 |

Produced by Elders Council of Newcastle, Room 2.29, Biomedical Research Building, Campus for Ageing and Vitality, Nuns Moor Road, Newcastle upon Tyne, NE4 5PL. Tel: 0191 208 2701 Email: info@qualityoflife.org.uk .

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|---|---|---|---------------------------------|--|
| | | House, 15 Carliol Square Newcastle | | |
| Museum Mondays at various locations | 10.30-12.00 2 nd Monday of each month | TBC | TBC | Frances Child, Search Project 0191 273 7443 |
| Line Dancing | 10.30-11.30 | Blackfriars Hall, New Bridge Street | £4 | Linda Williams 0191 477 3559 Ext. 237 |
| Newburn Knitters | 10.30-12.30 | Newburn Library | FOC | Frances Child, Search Project 0191 273 7443 |
| Flower Arranging | 10.30-12.30 (fortnightly) | Cornerstone, 64 Armstrong Road, Benwell | £1 | Search Project 0191 273 7443 |
| Friendship Group - share experiences of bereavement or loss | 10.30-12.00 | Shieldsroad Cooperative Funeral Care | | Pioneers Sarah 079 08103724 Anne (Funeral care) 0191 12762240 |
| Milna Julna – social meet up for Asian women | 10.30-2.00 | Monkchester Green Bungalows, Community Centre, Walker | Bring along something for lunch | Lunch Links Joanne or Trisha 0300 3007070 |
| Creative Writing | 11.00-1.00 | Venue in Newcastle | £3 to cover expenses | Mary or Ali on 286 7877 or 252 2971 |
| Beginners Tai Chi for over 50s | 11.20-12.20 | Mindful Therapies, Basement, British India House, 15 Carliol Square Newcastle | £4.50 | Linda Williams tel. 0191 477 3559 Ext. 237 |
| Lunch Club | 12.00-1.00 | Byker Community Centre | £2 | Byker Community Centre 0191 265 5777 |

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| Community Lunch | 12.30-3.00 | St Martin's Centre, Roman Way, Byker | £3.50 | St Martin's Centre 0191 276 4002 |
| West End Local History Programme | 1.00-3.00 (monthly) | West End Library Condercum Road | Free | Search Project 0191 273 7443 |
| Carpet Bowls | 1.30-3.30 | Robert Stewart Memorial Church, Wingrove Road | Annual fee £5. £2 per session 1 st session free | Helen 0191 273 3604 |
| Yoga | 2.00-3.20 | Eldon Square Leisure Centre | £4.50 | Linda Williams 0191 477 3559 Ext. 237 |
| Happy Mondays craft project | 2.00-4.00 | Monkchester Green Bungalows Community Centre, Walker | 70p towards tea/coffee/ca ke | Pioneers Sarah 079 08103724 Jade 079 61295837 |
| Housebound Eucharist and afternoon tea | 2.30 (2 nd Monday of each month) | Holy Cross Church 16 Whittington Grove Fenham | TBC | Sheila McVinnie 0191 242 1395 |
| Adult Art Class | 6.30-8.30 | Jesmond Community Library | TBC | Jesmond Library 0191 281 2385 |
| Tuesday | | | | |
| Event/Activity | Time | Venue | Cost | For further information |
| Current Affairs Discussion Group | 10.00-12.00 | Jesmond Community Library | £3 | Jesmond Library 0191 281 2385 |

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| Men's Club for retired gentlemen (with guest speaker) | 10.30-11.30 | Brunswick Methodist Church, Brunswick Place, Newcastle | | Brunswick Methodist Church 0191 2321692 |
| Walking Football | 10.30-11.30 | Grainger Boys Club Scotswood Sports Centre | Free | Search Project 0191 273 7443 |
| Tech and Tea | 10.30-12.00 | Outer West Library | TBC | Search Project 0191 273 7443 |
| Knitting for everyone. Enjoy a natter, tea and biscuits | 10.30-12.30 | Key House, Tankerville Place, Jesmond | 50p | Nick Ball, Skills for People Helping the disabled 0191 281 8737 |
| Lord Clyde bistro – 2 course meal and chair exercises | 11.00-2.00 | Lord Clyde bistro Shields Road, Byker | £5 (Door to door transport with trained driver to assist - £10) | Joanne or Trisha 03003007070 (calls charged at local rate) |
| Unite Social Club | 11.00-3.00 | Tyneside Irish Club Gallowgate | Free | Bob Pinkerton 414 4537 |
| Senior Fitness Group | 11.45-1.30 | Jesmond Community Leisure | £4 | 0191 281 2482 |
| Sporting Chance | 12.00-2.00 (2 nd / 4 th Tues of the month) | Scotswood Sports Centre, Denton Road,(opposite the Excelsior Academy) | £1 includes tea/coffee and butty | Search 0191 273 7443 |

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| Book Club | 1 st Tues of the month 12.30pm lunchtime grp 6.30pm evening grp | Carriage Pub Archbold Terrace, Jesmond | | Fiona Douglas jak.fge.douglas@btinternet.com. |
| Friendship group 'Choose Day'. Share ideas & have a go at whatever you fancy | 12.30-2.30 | St. George's Church Newton Road, High Heaton | Refreshments provided | Lunch Links Sarah 079 08103724 Jade 079 61295837 |
| Tai Chi | 1.00-2.00 | Sure Start Children's Centre, Woodlands, Newton Place, High Heaton | Free | 0191 278 1350 |
| Social Lunches | 1.00-3.00 | Harissa 31-35 Starbeck Ave Sandyford | Donation | 0191 276 0595 |
| Arts and Crafts | 1.00-3.00 | Sure Start Children's Centre, Woodlands, Newton Place, High Heaton | Free | 0191 278 1350 |
| Knit and Natter | 1.00-3.30 | Cornerstone, Armstrong Road | Free | Search Project 0191 273 7443 |

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| Music Appreciation Group | 1.30 (every 2 nd / 4 th Tues of the month) | Fawdon Community Centre | Donation | Fawdon Community Centre 0191 285 2724 |
| Argentine Tango | 1.30-2.30 | Robert Stewart Memorial Church, Wingrove Road | £1 | Clare Levi, Search Project 0191 273 7443 |
| Church Tea Club | 1.30-3.00 | St Martin's Centre, Roman Way, Byker | TBC | St Martin's Centre 0191 276 4002 |
| IT Drop-in Club | 1.30-3.30 | Newburn Library | Free | Frances Child, Search 0191 273 7443 |
| Tea Dance | 1.30-3.30 (last Tues of the month) | Robert Stewart Memorial Church, Wingrove Road | £1 | Search Project 0191 273 7443 |
| Active Football for Men | 2.00-3.00 | Walker Activity Dome | TBC | Matty or Noel 0191 278 3129 |
| Dementia Cafe | 2.00-4.00 | Tesco Extra, Brunto Lane, Kingston Park | Cost of tea/coffee | Caroline 0191 298 3989 |
| Golf Group for Men | 5.30-7.00pm | Parklands Golf Course High Gosforth Park | £5 | Matty or Noel 0191 278 3129 |
| Camera Club | 6.00-8.00 | Jesmond Community Library | £3 | Jesmond Library 0191 281 2385 |
| Play Reading Group | 7.00-9.00 | Jesmond Community Library | £3 | Jesmond Library 0191 281 2385 |
| Wednesday | | | | |
| Event/Activity | Time | Venue | Cost | For further information |

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|---|--|--|-----------------------|---|
| Elderberries – nature activities | 9.30-2.30 | Scotswood Natural Community Garden | Free | Leanne 0191 200 4706 |
| Lunch Links Breakfast Club for over 55s | from 9.45am | The High Main, Wetherspoons, Shields Road, Byker | | Joanna or Trisha on 0300 300 7070 (charged at local rate) |
| Art Class (enrolment each term) | 10.00-12.00 (twice a month) | West End Library, Condercum Road | TBC | Search Project 0191 273 7443 |
| Alzheimer's Society Drop in sessions | 10.00-12.00 fortnightly | Treetops Village, Walker Road, Walker | Free | Faith Walkwell 0191 2983989 |
| Computer Club | 10.00-12.00 | Search Project 74 Adelaide Terrace, Benwell | TBC | Search Project 0191 273 7443 |
| Tai Chi for over 50s | 10.15-11.15 | Mindful Therapies, Basement, British India House, 15 Carliol Square, Newcastle | £4.50 | Linda Williams 0191 477 3559 Ext. 237 |
| Mile Castle Drop-in Session | 10.30-12.30 (3 rd Wed of month) | Mile Castle Public House corner of Grainger Street/ Westgate Road | Free | Elders Council 0191 208 2701 |
| Singing for your brain | 10.30-12.30 (twice a month) | Riverview Lodge, Armstrong Road | TBC | Search Project 0191 273 7443 |
| Friendship Hub -natter, trip or try something new | 10.30-1.30 Starting 6 th June | Union Commercial House, 39 Pilgrim Street | Refreshments provided | Chain Reaction Sarah 079 08103724 Jade 079 61295837 |
| Line Dancing | 10.15-11.15 11.20-12.20 | Blackfriars Hall, New Bridge Street | £4 | Linda Williams 0191 477 3559 Ext. 237 |

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| Wednesday Walks | Meet 10.15 (monthly) | From various points lasting 2-3 hours | Free | Search Project 0191 273 7443 |
| Grainger Writers | 10.30 | Upstairs in Old George Public House, Bigg Market | TBC | Ciss Robinson 0191 597 4956 |
| Tai Chi | 10.15-11.15 | Mindful Therapies, Basement, British India House, 15 Carlol Square, Newcastle | £4.50 | Linda Williams 0191 477 3559 Ext. 237 |
| Wellbeing for Life | 10.30-12.00 (1 st Wed of month) | Jesmond Library | Free | Elders Council 0191 208 2701 |
| Singing for your Brain | 10.30-12.30 (fortnightly) | River View Lodge | Free | Search Project 0191 273 7443 |
| Lunch Links | 11.30 – 1.15 | St. Georges Church, Church Hall, Jesmond | 2 course meal, tea/coffee, juice & biscuits £5 Transport with trained driver £5 | Joanna or Trisha 0300 300 7070 (charged at local rate) |
| Art in the Afternoon | 1.00-3.00 | Parish Hall, Holy Cross Church, Whittington Grove | Towards cost of hall | Barbara Bailes 0191 274 8898 |
| Club Monthly Museum | 1.30-3.00 | Discovery Museum, Blandford Square | Refreshments provided | Search Office 0191 2737443 074 86442142 |
| Computer Club | 1.00-3.00 | Search Project 74 Adelaide Terrace, Benwell | TBC | Search Project 0191 273 7443 |
| Tai Chi | 1.20-2.20 | Gosforth Garden Village Association, | £4 | Linda Williams 0191 477 3559 Ext. 237 |

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|-----------------------------------|---|--|---|--|
| Tai Chi | 2.00-3.00 | Rosewood Ave, Gosforth Denton Burn Community Association | £4 | Linda Williams 0191 477 3559 Ext. 237 |
| Board Games Club | 2.00-4.00 (2 nd / 4 th Wed of month) | Jesmond Library | £2 includes refreshments | 0191 278 4215 |
| Monthly Outings Chain Reaction | Time to be confirmed when booking | Meeting point: outside the High Main Wetherspoons, Shields Road, Byker | Varies with trip | Joanna or Trisha 0300 300 7070 (charged at local rate) |
| Carpet Bowls | 7.00-9.00 | Robert Stewart Memorial Church, Wingrove Road | Annual Fee £5 £2 per session 1 st session free | Helen 0191 273 3604 |

Thursday

| Event/Activity | Time | Venue | Cost | For further information |
|---|-------------|---|-------|---|
| Fancy painting for fun on Thursdays? | 10.00-12.00 | Balliol Youth and Community Centre, Chesters Avenue, Longbenton | Free | Kim 0781 216 0984 |
| Dementia Friendly Mobilise and Socialise integrated dance class | 10.15-11.45 | Church of the Holy Name North Jesmond Avenue | Free | 0191 281 8255 (free transport available) |
| Exercise to Music | 10.15-11.15 | Eldon Square Leisure Centre | £4.50 | Linda Williams 0191 477 3559 Ext. 237 |
| Coffee Morning | 10.30-1.30 | St. James Church, | TBC | Search Project |

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|---|--------------------------------------|--|-----------------------|---|
| | | Benwell Lane | | 0191 273 7443 |
| Carnival Arts Group Work alongside an artist to make items for carnivals around the city | 10.30-1.00 | Union Commercial House, 5 th Floor, 39 Pilgrim Street | Refreshments provided | Chain Reaction Sarah 07908103724 Jade 07961295837 |
| Tyneside Retired Members Group | 10.30 (last Thurs of month) | Brunswick Methodist Church | TBC | David Musgrave 0798 650 3903 |
| Walking group | 11-12.30 | Westerhope Community Centre, Hillhead Road, Westerhope | | 0191 2673757 |
| Open Air Yoga with ParkLives | 11-12 noon | Gosforth Central Park | Free | TBC |
| Carer Support Group | 12.30-2.30 Thursdays once a month | Tyneside Cinema Pilgrims Street | | Gill Park 0191 2983989 |
| Arts and Crafts | 11.30-1.00 | St Martin's Centre, Roman Way, Byker | £1 | St Martin's Centre 0191 276 4002 |
| Chair-based exercise | 1.00-2.00 | St Martin's Centre, Roman Way, Byker | £1 | St Martin's Centre 0191 276 4002 |
| The One 'O' Clock Club | 1.00-3.00 | St Martin's Centre, Roman Way, Byker | £1 | St Martin's Centre 0191 276 4002 |
| Crafts | 1.00-3.30 | Cornerstone, Armstrong Road | TBC | Search Project 0191 273 7443 |
| Gentle Exercise | 1.30-2.30 | St James Church Benwell | TBC | Search Project 0191 273 7443 |

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|--|---|--|-------------|---|
| Art Club | 1.00-4.00 | Byker Community Centre | £5 | Jan or Aly 0191 265 5777 |
| Mature Movers 50+ | 1.30-2.30 | St John's Church, Ferguson Lane | £1.50 | Search Project 0191 273 7443 |
| Mens over 50s circuits | 2.00-2.45 | Jesmond Pool | £4.50 | Linda Williams 0191 477 3559 Ext. 237 |
| Active Football for Men | 2.00-3.00 | Soccerworld (adjacent to Westgate College Campus) | TBC | Matty or Noel 0191 278 3129 |
| Tea Club | 2.00-4.00 | Holy Name Parish Centre, off Towers Avenue | £2 | 0191 281 0940 |
| Fit and Fruity – gentle chair based exercise plus fruity juices | 2.00-4.00 | Monkchester Green Bungalows, Community Centre, Walker | | Lunch Links Joanna or Trisha 0300 300 7070 (charged at local rate) |
| Buy and Bite East – be taken to a supermarket for shopping then meet a Lunch Links member for a bit to eat. | Every 2 nd Thursday of the month | Venues vary and are chosen by members on the day. Pick up from home address | | Joanna or Trisha 0300 300 7070 (charged at local rate) |
| Friday | | | | |
| Event/Activity | Time | Venue | Cost | For further information |
| Monthly Dementia Friendly coffee morning | 10.00-11.30 (First Fri of the month) | The Bradbury Centre, Darrel Street, Brunswick Village | Free | Rachel Fox 0191 217 1323 |

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|--|----------------------|---|-------------------------|--|
| Yoga for over 50s | 10.00-11.00 | Heaton Acupuncture Clinic, 182 Portland Road | £6 or £5 for pensioners | Vicky 0796 355 1005 |
| Computer Club | 10.30-12.30 | Search Project 74 Adelaide Terrace | TBC | Search Project 0191 273 7443 |
| Over 60s Luncheon Club | 12.00 | Brunswick Methodist Church | | Brunswick Methodist Church |
| Games for the Brain | 1.00-2.30 | Eldon Leisure Centre | Free | Laura 0191 298 3989 |
| Dementia Friendly Sing and Socialise | 11.00-12.00 | St. George's Church Hall Osborne Road, Jesmond | Free | 281 8255 (free transport available) |
| Creative Writing Group | 11.15-12.45 | Jesmond Library | | Jesmond Library 281 2385 |
| Nifty over 50 | 11.30-12.15 | Jesmond Pool | TBC | Jesmond Pool 0191 281 2482 |
| Tai Chi (over 55s) | 1.00-2.00 | St. Martin's Centre, Roman Way, Byker | £1 | St. Martin's Centre 0191 276 4002 |
| Super Seniors: Seated Gentle Exercise Class | 1.15-2.00 | St. George's Reformed Church, Newton Road, High Heaton | £3 | Ann 0797 9451 798 |
| Gentle Exercise | 1.30-2.30 | Walbottle Village Institute The Green, Walbottle | TBC | Search Project 0191 273 7443 |
| Film Club | 2.00-4.00 Monthly | West End Library, Condercum Road | Free | Search Project 0191 273 7443 |
| Saturday | | | | |
| Event/Activity | Time | Venue | Cost | For further information |

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|---|---------------------------------------|--|-------------|--|
| Art and Crafts Market | 10.00-3.30 2nd Sat of the month | Jesmond Dene Visitors Centre (next to Pets Corner) | Free | Visitor Centre 0191 281 2082 |
| Friends of the Laing Art Gallery –free art talk | 11.00-11.45 Saturdays | Laing Art Gallery | Free | Laing Art Gallery 0191 278 1611 |
| Sunday | | | | |
| Event/Activity | Time | Venue | Cost | For further information |
| Sunday Social | 2.30pm | Laing Art Gallery | Free | Jude 0300 300 7070 |
| Monthly Piano Meetup Let's Play the Piano | 2.00pm | Jesmond United Reformed Church | Free | Email: letsplaythepiano1234@gmail.com |
| Mindfulness | 4.30-5.30 | Jesmond Community Library | £2 | Jesmond Library 0191 281 2385 |

Other Events

THE GREAT EXHIBITION OF THE NORTH until 9th September

A FREE, summer-long celebration for everyone celebrating the North of England's pioneering spirit . The country's biggest event in 2018. It will pack a programme of amazing exhibits such as Stephenson's Rocket, Helen Sharman's spacesuit and John Lennon's favourite piano. Enjoy new artworks at the Baltic and Laing Art galleries. See live open air performances. Marvel at the future's innovation and design in technology, visual reality and smart homes. 80 days of unforgettable experiences.

Full programme of events on: <https://getnorth2018.com> or pick up a programme at any of the events.

NEWCASTLE CITY GUIDE WALKS

Take a healthy walk and enjoy listening to fascinating facts and stories about historical events in Newcastle, Gateshead and surrounding areas. As part of the Great Exhibition of the North there will be special tours celebrating the life and work of the great inventors and creators of the North East including Robert Stevenson, Thomas Bewick and John Dobson.

Cost: £5 per person; £4 concessions

For further information: www.newcastlegateshead.com/city-guides

JULY's Blood Moon

The night spanning **July 27 and 28** will see what is said to be the longest total lunar eclipse of the 21st Century. We are in for a treat this July with a double celestial moon. The sight is set to surpass even that of the Supermoon on 31st January.

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17 JULY HOLY ISLAND TRIP

Back by popular demand. Visit one of the most fascinating spots in the North East. The island offers the centre of Christianity and learning in Anglo Saxon times, rugged natural beauty and cafes and pubs galore.

WHEN: 10.00am start and return approx. 4pm

WHERE: Pick up at Lidl's car park on Benwell Lane. Additional pick up and drop off at West Denton Community Centre.

COST: £2

For more information and booking: Phone Search office on 0191 2737443

17 JULY and 24 JULY COMPUTER COURSE

A 2 part course to develop basic computing skills. Learn how to use a computer, send an email, search the internet for information and attach photos and your CV to emails.

WHEN: 10.30am – 1.00pm

WHERE: West End Service Centre and Library, Condercum Road, NE4 9JH

COST: FREE

FOR more information: www.newcastle.gov.uk/leisure-libraries-and-tourism/libraries

18 JULY and 27 JULY COMPUTER COURSE

A 2 part course to develop basic computing skills. Learn how to use a computer, send an email, search the internet for information and attach photos and your CV to emails.

WHEN: 10.30am – 1.00pm

WHERE: Newcastle City Library, Room 5, Level 6

COST: FREE

FOR more information: www.newcastle.gov.uk/leisure-libraries-and-tourism/libraries

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STAND COMEDY CLUB

If you enjoy stand up comedy this is the place for you.

When: 7.00pm to 8.30pm most evenings

Where: 31 High Bridge Street

Cost: Tickets £5 and £4 concessions

For more information: 0191 300 9700 or www.thestand.co.uk/whats-on/Newcastle

JULY TO SEPTEMBER CLASSIC FILMS

Tyneside Cinema celebrates a season of special screenings and events celebrating classic films set and shot in the North East of England, including screenings of Bill Elliot and Ken Loach's Days of Hope.

4th July showing of 'Newcastle on Film' shows familiar faces, places, industries and everyday lives of the people of Newcastle across decades. 3pm and 6pm.

Afternoon tea at the movies: Sundays at Tyneside Cinema. Delicious tea and cakes alongside a special film screening. Cost: £20.

For booking and further information: www.tynesidecinema.co.uk

23 JULY TO 2 SEPTEMBER BIG SCREEN ON THE GREEN

84 movies including major sporting events, blockbusters, opera, Wimbledon and British Grand Prix. Star Wars fans will be in for a treat with 'The Last Jedi'. Throwback Thursday screenings showcase nostalgic movies from the 80's and 90's.

When: Two films per day at Noon and 6pm

Where: Outdoors at the Old Eldon Square – deckchairs provided

Cost: FREE

For further information: www.getintonewcastle.co.uk

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Robots Then and Now until December

This family-friendly exhibition, created by the Science Museum in London celebrates the 500 year work-in-progress story of building automated machines. A rich history of robotics from 16th century mechanical automatons to the latest humanoids.

When: Mon to Sat: 10.00 am – 6pm; Sunday: 11.00am – 6pm

Where: Life Science Central, Times Square

Cost: Day tickets or annual tickets available

For further information: www.life.org.uk

CRACK IT! - 7 WEEK COURSE –Every Wednesday

Do you need some advice on how to work your phone, computer or tablet or set up an email account? Sign up for a 7 week basic course to get you started.

When: 11.00 – 1.00

Where: New England House, 3rd floor, 10 Ridley Place, NE1 6QE

For further information and to sign up: Jude 03003007070 or Jade 07961295 837