www.ntpcf.co.uk

# SEND FRIENDLY SUMMER!

### 2025



#### **DEAR PARENT CARER,**

WE UNDERSTAND THAT SCHOOL HOLIDAYS CAN SOMETIMES SEEM TO STRETCH ON FOREVER, ESPECIALLY FOR PARENT CARERS OF CHILDREN WITH SPECIAL EDUCATIONAL NEEDS AND DISABILITIES. THAT'S WHY WE'VE CREATED THIS HELPFUL GUIDE TO HIGHLIGHT SOME OF THE FUN ACTIVITIES AVAILABLE LOCALLY. WE HOPE THESE SUGGESTIONS CAN MAKE YOUR SUMMER A LITTLE BRIGHTER AND LESS STRESSFUL.

#### WISHING YOU ALL A WONDERFUL SUMMER AHEAD!

### **NORTH TYNESIDE PARENT CARER FORUM**

Follow the links to book. Please check with the individual organisations before attending an event to avoid disappointment.



# OUTDOORS ACTIVITIES



More Info



### "PATHWAYS 2 NATURE 🧉

SUMMER HOLIDAY STAFFED SESSIONS 10.30-14.30. OUPDOOR, FUN, NATURE GROUP MONDAYS & THURSDAYS 235 PER SESSION EMAIL JANINE@PATHWAYS4ALL.CO.UK



IF YOU REQUIRE MORE INFORMATION OR TO BOOK YOUR CHILD'S PLACE PLEASE EMAIL JANINE@PATHWAYS4ALL.CO.UK

MORE SUMMER INFORMATION WILL BE ADDED ONCE IT HAS BEEN FINALISED







**To Book** 

FOR CHILDREN RECEPTION AGE AND UP.

COME AND JOIN US FOR OUR EXCITING SUMMER HOLIDAY CLUBS IN OUR MAGICAL WOODLAND! CHILDREN WILL HAVE OPPORTUNITIES TO BUILD DENS, COOK OVER A CAMPFIRE, USE TOOLS, EXPERIENCE HAMMOCKS, TREE SWINGS, SLACK LINES, HILL ROLL, TAKE PART IN OUTDOOR CRAFTS AND SO MUCH MORE.

> 10-3PM VARIOUS DATES OF THE SCHOOL HOLIDAYS £35 MICHELANGELO'S, STELLA ROAD, BLAYDON-ON-TYNE, NE21 4LU



**To Book** 

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OPEN EVERYDAY THROUGHOUT THE SUMMER HOLIDAYS.

FOR CHILDREN/YOUNG PEOPLE WITH SEND, THERE IS A ZOO-SPECIFIC PECS BOOK, SIGNS INDICATING LOUD/SMELLY/NOISY AREAS (CURRENTLY IN THE PROCESS OF - BEING REVAMPED), AND A SOCIAL STORY THAT CAN BE VIEWED HERE.

FURTHER INFORMATION ABOUT ACCESSIBILITY CAN BE FOUND HERE





SHIREMOOR ADVENTURE PLAYGROUND IS A COMMUNITY-BASED, INCLUSIVE ADVENTURE PLAYGROUND, CATERING FOR CHILDREN AND YOUNG PEOPLE OF ALL ABILITIES. THE PLAYGROUND IS OWNED AND MANAGED BY <u>NORTH TYNESIDE COUNCIL</u> WHICH WORKS IN PARTNERSHIP WITH SHIREMOOR ADVENTURE PLAYGROUND TRUST

THE ADVENTURE PLAYGROUND WILL BE OPEN DURING SCHOOL HOLIDAYS:

- TUESDAY-SATURDAY, 11AM-4PM ACCESSIBLE TO EVERYONE
- SUNDAY AND MONDAY, 11AM-4PM RESERVED FOR CHILDREN WITH ADDITIONAL NEEDS AND THEIR FAMILIES <u>YOU CAN CONTACT US VIA FACEBOOK MESSENGER FOR MORE INFO</u>.
- THURSDAY NIGHT YOUTH SESSION, 6-8:30PM ACCESSIBLE TO YOUTHS 13 YEARS AND OVER

PLEASE TAKE ALONG PROOF OF SEND WHEN YOU ATTEND YOUR FIRST SESSION



Find The JAN



#### LILIDOREI ALNWICK GARDENS

OFFER QUIET SESSIONS SUNDAYS 9-10AM, FREE CARER TICKETS & SENSORY BACKPACKS





#### TOBY'S MAGICAL GARDEN (AT TOBY HENDERSON TRUST)

ARE YOU LOOKING FOR SOMEWHERE QUIET TO VISIT WITH THE FAMILY, AWAY FROM THE CROWDS? WHY NOT CONSIDER SUPPORTING US BY HIRING TOBY'S MAGICAL GARDEN? COME AND EXPLORE OUR LAKE VIEW, STORY TELLING CHAIRS, WATER WALLS AND SOUND SCULPTURE IN A CALMING AND ENCHANTING SPACE. WE ALSO HAVE AN OUTDOOR SHELTER AREA.

TOBY'S MAGICAL GARDEN IS AVAILABLE TO HIRE AT £10 FOR TWO HOURS FOR A MAXIMUM OF 8 PEOPLE. IT IS AVAILABLE TO BOOK FOR SCHOOL HOLIDAYS AND MAY ALSO BE AVAILABLE TERM TIME SUBJECT TO AVAILABILITY.

TO MAKE YOUR BOOKING, PLEASE EMAIL SUPPORT@TTHT.CO.UK OR CALL US ON 0300 365 3055.

More Info





NEWCASTLE CITY CENTRE

SHOWING TWO TO THREE FREE FILMS PER DAY FROM LATE JULY TO EARLY SEPTEMBER AT OLD ELDON SQUARE, SCREEN ON THE GREEN IS THE PERFECT SUMMER ACTIVITY. GRAB SOME POPCORN OR A BITE TO EAT FROM A NEIGHBOURING RESTAURANT, RELAX IN ONE OF NE1'S ICONIC DECKCHAIRS AND TAKE IN SOME TOP-CLASS MOVIES - FROM BIG BLOCKBUSTERS AND FAMILY-FRIENDLY FILMS TO CULT CLASSICS AND ROM-COMS.

THERE'S PLENTY OF FUN FOR YOUNGER CHILDREN TOO WITH TODDLER TAKEOVER -SCREENINGS OF JULIA DONALDSON BOOK ADAPTATIONS FEATURING JUICE CARTONS FOR THE LITTLE ONES AND RUGS TO COSY UP ON - AND INTERACTIVE OUTDOOR PLAY SPACES INCLUDING THE POPULAR TINY TOON, A MINIATURE VILLAGE FEATURING TINY VERSIONS OF ICONIC NEWCASTLE LOCATIONS AND LANDMARKS OFFERING KIDS PLENTY OF PRETEND PLAY FUN.

LAST YEAR'S TODDLER TAKEOVER WILL ALSO RETURN WITH SCREENINGS OF JULIA DONALDSON BOOK ADAPTATIONS ALONGSIDE JUICE CARTONS FOR THE LITTLE ONES AND RUGS TO COSY UP ON.



# SPORTY ACTIVITIES



### ADAPTED CYCLING OUTDOOR SESSIONS



Free weekly outdoor adapted cycling sessions throughout spring and summer!

There's a fleet of cycles available, all adapted to suit the needs of people with a range of disabilities including side by side, trikes (adult and junior) hand cranks and recumbent cycles.

• Thursdays, 1.30-3.30pm (April-October)

Richardson Dees Park, Wallsend, NE28 8RH







FREE ADAPTED CYCLING SESSIONS RICHARDSON DEES PARK 1.30-3.30PM EVERY THURSDAY

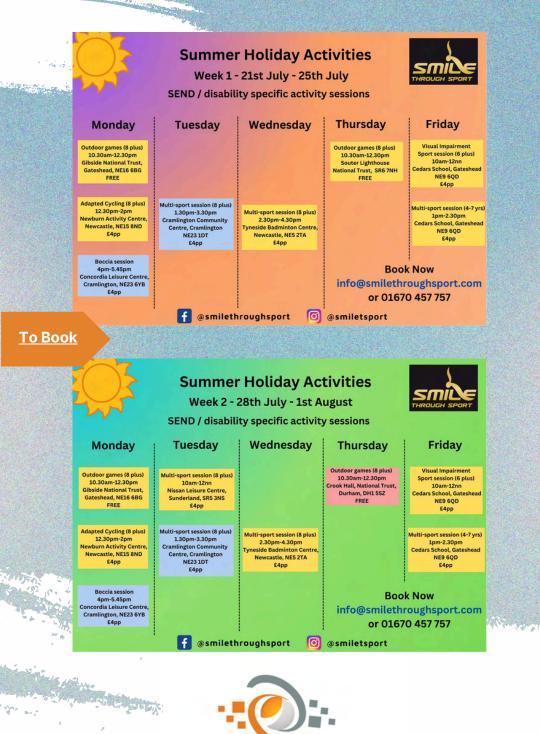
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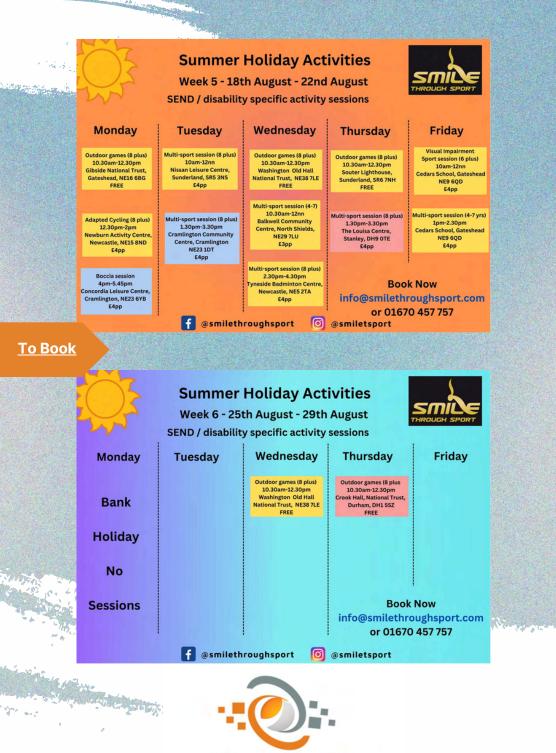
COME AND TRY OUR ADAPTED BIKES TO SUITE A RANGE OF DIFFERENT NEEDS. BIKES INCLUDE: TANDEMS/HAND CRANKS/RECUMBENTS/TRIKES

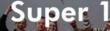












Super 1s gives young people with a disability the chance to play regular competitive cricket while improving confidence and independence.

< Programme Information

#### **Free Inclusive Cricket Sessions**

SUPER

Super 1s

Super 1s disability cricket activity regularly takes place across Northumberland. All sessions are free, and all disabilities are welcome.

Ages 12 - 25 Takes place Thursday's 5pm - 6pm

Tyneside Badminton Centre Newcastle upon Tyne NE5 2TA

Paul Roberts 07496 438080





#### To Book

THE MONTHLY 60 MINS TOURS, WHICH HAVE BEEN DEVELOPED WITH INPUT FROM THE NORTH EAST AUTISM SOCIETY, WILL LAST ABOUT AN HOUR, WITH THE HOME AND AWAY DRESSING ROOMS, PLAYERS' ENTRANCE, MEDIA SUITE AND PITCH SIDE AMONG THE AREAS COVERED. FOR OVER-16S, PRICES ARE £12. FOR UNDER-15S THEY ARE £5.50, AND ONE PARENT/PERSONAL ASSISTANT CAN GO FOR FREE.

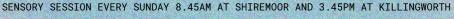


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## PaddlePad

#### <u>To Book</u>

ALL SWIMS ARE OPEN TO ALL. FOR TIMETABLES CLICK HERE







REGISTER FOR AN ACCOUNT ON THE ON <u>THE EASE INTO BOOKING SYSTEM</u> TO RESERVE SPACES ON ACTIVITIES IN THE SCHOOL HOLIDAYS.

FREE SPACES FOR CHILDREN ELIGIBLE FOR INCOME-RELATED FREE SCHOOL MEALS, AND A SMALL NUMBER OF FREE SPACES AVAILABLE FOR CHILDREN WHO ARE NOT ELIGIBLE FOR INCOME-RELATED FREE SCHOOL MEALS INCLUDING CHILDREN WITH A SPECIAL EDUCATIONAL NEED OR DISABILITY (SEND) AND CHILDREN WITH AN EHCP

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### Fully Inclusive

The group aims to support and empower young people 14+ with physical, sensory, and learning disabilities, while enhancing mental health and wellbeing in a fun & safe environment. Focusing on personal development, the group will feature tailored activities in relation to independent living. If e skills and personal relationships.

Parents / carers / supporting individuals welcome to stay.

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#### FULLY INCLUSIVE YOUTH GROUP

BASED AT TYNESIDE BADMINTON CENTRE IN NEWCASTLE, INSPIRE YOUTH GROUP IS AN INCLUSIVE COMMUNITY FOR YOUNG ADULTS AGED 14+.

THE GROUP AIMS TO SUPPORT AND EMPOWER YOUNG PEOPLE WITH PHYSICAL, SENSORY AND LEARNING DIFFICULTIES WHILE ENHANCING MENTAL HEALTH AND WELLBEING IN A FUN AND SAFE ENVIRONMENT.. RUNNING EVERY TUESDAY EVENING, FOR MORE INFORMATION, CHECK OUT THE FLYER ATTACHED AND/OR SCAN THE OR CODE.





FULLY INCLUSIVE YOUTH GROUP SUMMER ACTIVITY & SPORTS CAMPS AT CRAMLINGTON VILLAGE PRIMARY SCHOOL AND ALSO A SEN SPECIFIC PROVISION AT BENTON DENE A BUSY AND ACTIVE SUMMER AHEAD! BENTON DENE PRIMARY - 16 DAYS BACKWORTH PARK PRIMARY - 8 DAYS CRAMLINGTON VILLAGE PRIMARY - 10 DAYS SPECIALIST SEN PROVISION - 4 DAYS

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SURF HIRE

Adaptive surfboards

ADAPTIVE & PARA OPEN A chance to put your

skills to the test with a friendly surf heat

- open to all, new

and experienced

Accessible parking.

**Toilets and changing** 

access to the beach

Accessible wheelchairs provided

Foamies

Wetsuits

THE

Longboards
 Shortboards

### ADAPTIVE OCEAN ACADEMY

#### FREE DISABILITY TASTER SESSIONS (SUMMER SERIES)

### ONE-TO-ONE ADAPTIVE SURF

derstanding and \_\_\_\_\_ patient'

### GROUP ADAPTIVE

SURF Suitable for people with intellectual disabilities

#### GROUP PARA SURF Suitable for people with

www.adaptiveoceanacademy.com

physical disabilities

#### @aoasurf

THE JUNIOR SWIM PASSPORT GIVES JUNIORS UNLIMITED ACCESS TO NORTH TYNESIDE SWIMMING POOLS (HADRIAN LEISURE CENTRE, TYNEMOUTH POOL, WAVES AND THE LAKESIDE CENTRE SWIMMING POOLS)THROUGHOUT THE SCHOOL HOLIDAYS.

VISIT AS MANY TIMES AS THEY WANT FOR SIX WEEKS FOR JUST £28! UNDER 16S ONLY.VALID FROM MONDAY 22 JULY TO SUNDAY 1 SEPTEMBER.







#### ADAPTIVE SURF GROUP WEEKLY-TUESDAY EVENINGS 6:00PM

THESE SESSIONS ARE SUITABLE FOR PARTICIPANTS WITH INTELLECTUAL DISABILITIES AND NEURODIVERGENT PARTICIPANTS. WITH OVER 10 YEARS OF EXPERIENCE IN SEND SERVICES, OUR HEAD COACH OFFERS DEDICATED SUPPORT TO EACH PARTICIPANT AND WORKS WITH THEM AND THEIR CARETAKERS TO ENSURE THEY GET THE MOST OUT OF THEIR SURF SESSIONS. THESE SESSIONS ARE SMALLER THAN OTHER SURF SCHOOLS, WITH A MAXIMUM OF 4 PARTICIPANTS AND 2 COACHES.

#### PARA SURF GROUP WEEKLY-MONDAY EVENINGS 6:00PM

THESE SESSIONS ARE SUITABLE FOR ANYBODY WITH A PHYSICAL DISABILITY. RUN BY OUR IN-HOUSE, TEAM ENGLAND PARA SURF COACH, THIS IS A FANTASTIC OPPORTUNITY FOR PARTICIPANTS TO WORK WITH AN EXPERIENCED COACH, WHO SUPPORTS THE COUNTRY'S LEAD PARA SURFING ATHLETES. SESSIONS ARE RUN AT A 2:1 RATIO.

#### **ONE-TO-ONE ADAPTIVE SURF**

EVERY SUNDAY WE HAVE OPEN SLOTS FOR ONE-TO-ONE ADAPTIVE SURF. THIS CAN BE FOR PEOPLE WHO WANT TO TRY OUT OUR SESSIONS IN A CALM AND FOCUSSED ENVIRONMENT OR FOR PARTICIPANTS WHO REQUIRE ONGOING 1:1 SUPPORT.

#### END OF SUMMER ADAPTIVE AND PARA SURF COMPETITION

THERE ARE CURRENTLY NO COMPETITIVE OPTIONS FOR PEOPLE WITH INTELLECTUAL DISABILITIES IN SURFING. OUR VISION IS FOR BOTH INITIAL ACCESS AND DEVELOPMENT WITHIN SURFING TO BE INCLUSIVE ACROSS THE BOARD FOR ANYBODY WITH ANY DISABILITY. THE HEATS ARE OPEN TO ANYBODY, COMPLETELY NEW TO SURFING, OR EXPERIENCED SURFERS.

DATE: 14/09/25

#### SUMMER SERIES-FREE

-BLIND AND VI TASTER SESSIONS-18TH MAY -LIMB LOSS AND DIFFERENCES TASTER SESSIONS-1ST JUNE -CEREBRAL PALSY TASTER SESSIONS-29TH JUNE -DEAF AND HEARING LOSS TASTER SESSIONS-13TH JULY



**To Book** 

### South Shields SURF CIC



#### A D A P T I V E S U R F I N G FREE SURF AND OCEAN SESSIONS FOR ANYONE WITH ADDITIONAL NEEDS. EMAILFOR MORE INFO & TO SECURE YOUR PLACE INFO@SOUTHSHIELDSURF.CO.UK



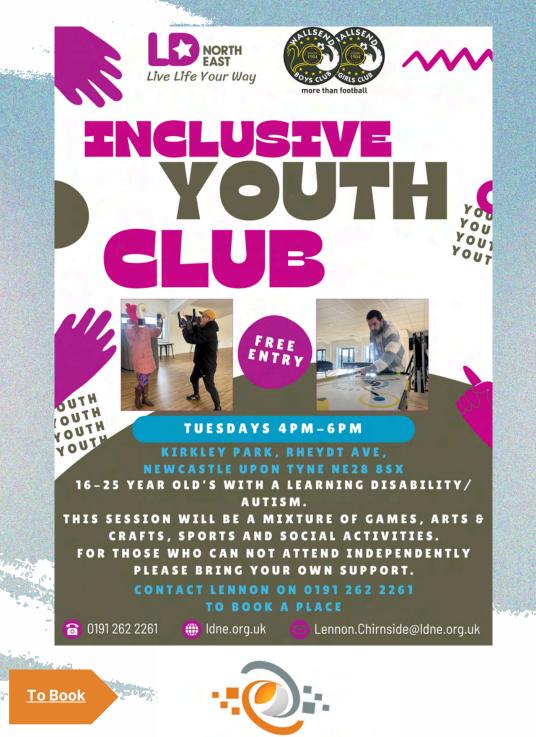
### SEND & ACCESSIBLE

- THURSDAY KIDS SEN SESSION SAT 1-2PM / AGES 8-16 / FREE
- YOUNG PERSON SEN SESSION SAT 2-3PM / AGES 16-24 / FREE
- ADAPTIVE SURF SESSION Can be booked anytime subject to availability / for anyone who can't access a surf session because of a disability / there are free session, part paid for and fully paid for sessions available.



# INDOOR/OTHER ACTIVITIES







**DARTS & SNOOKER** 

#### STARTING 24TH MARCH

MONDAYS 4-6PM

THIS SESSION IS FOR 18+ YEAR OLDS WITH A LEARNING DISABILITY/ AUTISM.

PLEASE BRING YOUR OWN SUPPORT IF NEEDED.

0191 262 2261

🌐 ldne.org.uk 🛛 🖾 Lennon.Chirnside@ldne.org.uk







### SEND PLAY SESSIONS

Join us for fun at our inclusive stay & play sessions which include sing and sign, sensory activities and a chance for families to get together with other families. For children aged 0-5 years in North Tyneside.



#### **OUR SESSIONS:**

Monday 12:30-14:30 Sensory Stay & Play at LD:NorthEast, Wallsend

Wednesday 13:00-15:00 Stay & Play Fun LD:NorthEast, Wallsend

Thursday 12:30-14:30 Sensory Stay & Play LD:NorthEast, Wallsend

#### To book a place or for more information contact us on:

6 0191 2622261





Sam.coates@ldne.org.uk







#### METROCENTRE

DID YOU KNOW THAT CLIP 'N CLIMB METROCENTRE RUN SEND SESSIONS ON THE FIRST SATURDAY OF EVERY MONTH?

THESE SESSIONS ARE DESIGNED FOR CLIMBERS WITH ADDITIONAL NEEDS. THEY ENDEAVOUR TO OFFER A QUIETER ENVIRONMENT AND TAILORED EQUIPMENT FOR AN ENJOYABLE EXPERIENCE. FOR EVERYONE'S COMFORT, THEY RUN THESE GROUPS AT A SMALLER CAPACITY SO THERE WILL BE LIMITED SPACES AND THIS GETS BOOKED UP FAST!

### THE A GAME ARE YOU AGED 13-17? DIAGNOSED OR IDENTIFY AS AUTISTIC? COME AND JOIN US!

The A Game is an online youth group for autistic young people living in the North East. A safe place to make friends, share your interests, game together and have a laugh.

FIND OUT MORE
www.the-a-game.co.uk
theagamecommunity@gmail.com file FIGAME

To Book

W.F. W.F.



ACE PLAYCE INDOOR PLAYCENTRE - KILLINGWORTH SEND & AUTISM RELAXED SESSIONS JOIN AN EXCLUSIVE RELAXED SESSION FOR CHILDREN WITH ADDITIONAL NEEDS TO ENJOY SOFT PLAY WITH THEIR FAMILIES AND SIBLINGS. THIS IS A MONTHLY EVENT HELD ON THE LAST WEDNESDAY OF EVERY MONTH AT 4-5.30PM.



Fin





FREE

### Family Fun Days Summer

Active North Tyneside's Family Fun Days will take place 11am to 2pm on:

Friday 25 July, Springfield Park, Forest Hall

Friday 1 August, Richardson Dees Park, Wallsend

Friday 8 August, Churchill Playing Fields, Whitley Bay

Friday 15 August, Northumberland Park, North Shields

A great free and fun day out with the kids during the six week holidays. There's something for everyone to enjoy including giant games, cycling, football, a DJ, basketball and bouncy castles! Activities are open to children of all ages from toddlers to teens,

Families can just turn up, there's no need to book or register.

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Please note, children must be accompanied and supervised throughout the events by a responsible adult.



Alter and alter







#### RELAXED SUNDAY SESSION

DEDICATED QUIET TIME FOR ANYONE TO ACCESS AND ENJOY THE SCIENCE CENTRE, INCLUDING AUTISTIC PEOPLE AND THOSE WITH OTHER SENSORY NEEDS. INCLUDED IN SCIENCE CENTRE TICKET. FREE FOR MEMBERS!

SESSIONS TAKE PLACE ON THE SUNDAYS 10-12PM



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SEN SESSIONS 4:30PM TUESDAYS AND SUNDAY MORNINGS 9-10AM



# **GETTING AROUND**







### Take the kids for free all day, every day

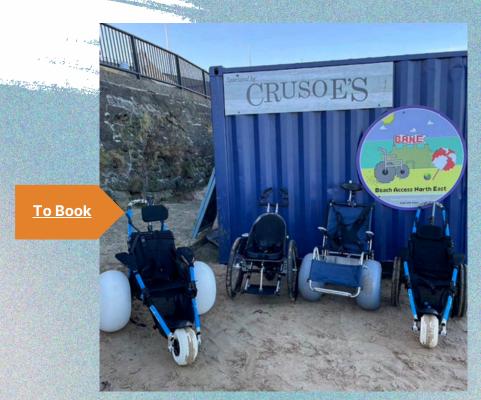
#### <u>More Info</u>











BANE PROMOTES SOCIAL INCLUSION, INDEPENDENCE AND CHOICE FOR DISABLED & ELDERLY PEOPLE ACROSS THE NORTH EAST OF ENGLAND.

THEY PROVIDE FREE LOAN OF SPECIALISED EQUIPMENT AT BEACHES ACROSS OUR REGION. THEY CURRENTLY OPERATE AT SEVERAL BEACHES THROUGHOUT THE NORTH EAST, INCLUDING BAMBURGH, BEADNELL, BLYTH, NEWBIGGIN, NEWTON, SEATON CAREW, SPITTAL, SOUTH SHIELDS, TYNEMOUTH AND WHITLEY BAY. CHECK OUT THEIR WEBSITE FOR THE LATEST LIST.



Fin

#### To Book

THIS SERVICE IS FREE TO USE, AND THEY WELCOME BOOKINGS FROM INDIVIDUALS AND FAMILIES ACROSS THE REGION



Dip your toes in the sea



HELPFUL INFO



#### THE NEXT FEW PAGES ARE FOR YOU IF YOUR CHILD OF YOUNG PERSON HAS A VISUAL IMPAIRMENT!

NORTH EAST SIGHT MATTERS WORK WITH SIGHT-IMPAIRED CYP AND THEIR FAMILIES FROM ACROSS THE NORTH EAST. THEY ONLY ASK THAT THE CHILD OR YOUNG PERSON IS REGISTERED OR IS ELIGIBLE TO BE REGISTERED SIGHT- IMPAIRED.

THEIR ACTIVITIES, EVENTS AND WORKSHOPS ARE FREE TO ANY MEMBER OF NORTH EAST SIGHT MATTERS.

USEFUL VISION WORK WITH CHILDREN WHO HAVE A VISUALLY IMPAIRMENT. ONCE REGISTERED, ALL ACTIVITIES AND EVENTS ARE FREE OF CHARGE, AND ARE FOR THE CHILD AND THEIR SIBLING/S AND PARENTS (UNLESS OTHERWISE SPECIFIED).

FAMILIES WHO ARE REGISTERED RECEIVE A QUARTERLY EVENTS BOOKLET VIA POST WHICH SHOWS UPCOMING EVENTS. THE JULY, AUGUST, SEPTEMBER BOOKLET WILL BE READY SOON AND WILL INCLUDE EVENTS SUCH AS ARCHERY, SWIMMING, STABLE DAYS AND NUFC TOURS.



More Info



More Info



Our mission is to create a safe environment where children and young people with a vision impairment can try different experiences that will inspire their creativity!

## What We Do!

We organise events and workshops, providing experiences that may not otherwise be accessible to our families. We provide exciting experiences for CYP with vision impairments that encourage friendships, promote independence and build essential life skills.











team@northeastsightmattersltd.co.uk

07811956381

North East Sight Ma<mark>tters</mark>





## useful**vision**

## Activities for visually impaired children across the North East

We offer a wide range of accessible activities and events for visually impaired children, and their families, throughout the North East.

Register your child today and attend our next event!



www.usefulvision.org.uk usefulvision@hwn.org.uk 0191 264 1959









## Summer Programme

For children who want to improve their skills before school begins again. If your child shows developmental needs or struggles with school skills; the school holidays is a fabulous opportunity to concentrate on skills with fun and play. Our sessions are based on well evidenced therapeutic approaches to address developmental challenges.

#### Programmes

- Physical skills and games
- Fine motor skills
- Handwriting skills
- Sensory and emotional regulation

Choose from 4 or 8 sessions or an intense programme.



Contact us at: sensoryworx@outlook.com

Looking forward to meeting new friends.



0191 592 0007





<u>More Info</u>

DISCOVERME IS A RECOVERY COLLEGE SO THEY DON'T HAVE A SPECIFIC SUMMER PROGRAM. SEE NEXT PAGE FOR THEIR REGULAR PROGRAM THROUGHOUT THE YEAR. CHECK THEIR WEBSITE FOR MORE INFORMATION.







#### **Express Your Interest here**

For ages 16-25



Or contact us: Mobile: 07598893116 <u>discoverme@voda.org.uk</u>

voda.org.uk/discoverme

#### Monday

#### **Mindful Kitchen**

Discoverhowtocook healthy meals on a budgetwhile exploring the connection between food and mood. All skill levels are welcome.

#### Barnardo's TheBase, Whitley Bay, 1:30pm to 3.30pm

#### **Neurodivergent Group**

Asafe space for anyone whoidentifies as neurodivergent. Meet other young people and learn some healthy coping strategies. Barnardo's The Base, Whitley Bay 5pm-6:30pm

#### Wellbeing Drop In

Tuesday

Wellbeingdrop infor14-16year olds.

Closedsession

#### Volunteer Sessions

Closed sessionforourvolunteer meetings,traininganddevelopment

#### VODA office, Wallsend, NE28 8JR

#### **Expresso Yourself**



Thursday

Achillspace foryoungpeople to grabadrink,connect,andsupport each other – no pressure, just good vibes.

#### DreamshineCafe Wallsend Library NE28 6JR, 3pm-4pm

#### Game Hub

Looking tomeetnew people? Come along to our relaxing game sessions where we will enjoy board games and game consoles!

#### Howdon Family Hub, NE28 oAL, 5pm-6:30pm

#### Sing it Out!

Comeandjoinus for a fun afternoon of expressing yourself and letting loose with singing and karaoke.

East End Youth and Community Centre, North Shields, 2.15pm to 3:30pm

#### Game Masters: Dungeons and Dragons

Join us for an epic Dungeons & Dragons adventure! No prior experience necessary!

#### YMCA North Tyneside, North Shields, 4:30pm to 6:30pm

















## Young Carer Drop-In

Join us every Friday during school holidays

Place: **Howdon Community Hub**, Denbigh Ave, Howdon, Wallsend NE28 OPP

Time: 2 pm - 4 pm

Come and meet our friendly team for information and advice while engaging in creative craft activities.

Everyone is welcome!







Registered Charity No: 1051472



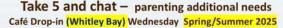
#### PLEASE NOTE THAT THIS GROUP IS FOR 18+ TO ATTEND ONLY



WALLSEND LIBRARY	UNSKILL CENTRE	OXFORD CENTRE	WALLSEND LIBRARY	
1pm to 4.30pm	6pm to 8.30pm	1pm to 4.30pm	9.30am to 12 noon	
TUESDAY	WEDNESDAY	TUESDAY	SATURDAY	
1 <sup>st</sup> JULY	9th JULY	15th JULY	19 <sup>th</sup> JULY	
5th AUGUST	13th AUGUST	19th AUGUST	16th AUGUST	
2 <sup>nd</sup> SEPTEMBER	10 <sup>th</sup> SEPTEMBER	16 <sup>th</sup> SEPTEMBER	20 <sup>th</sup> SEPTEMBER	
7th OCTOBER	8th OCTOBER	21" OCTOBER	18th OCTOBER	
4th NOVEMBER	12 <sup>th</sup> NOVEMBER	18th NOVEMBER	15th NOVEMBER	
2 <sup>nd</sup> DECEMBER	10th DECEMBER	16th DECEMBER	20th DECEMBER	

**DROP IN FOR A CHAT – ALL WELCOME** 





The Small Hall

Take 5 and Drop-in... Morning 8.45-11.30. Afternoon 1.00-3.00.

- · 12 March (morning)
- 26 March (afternoon)
- 9 April (morning)
- 23 April (afternoon)
- 14 May (8.45-12.30) 10 Year celebration! Take 5
- 11 June (morning)
- 25 June (afternoon)

· Sur. h

- 9 July (morning)
- July 23 & 30, August 6, 13 & 20 (afternoon)

Surround yourself with people who get it Looking forward to meeting you!

More details at: www.takeSandchat.orz.uk info@tak chat.org.uk www.facebook.com/takeSandchat





## North Tyneside Autism Hubs

For parents / carers of children who are awaiting a referral to the neurodevelopmental diagnostic team, on the diagnostic pathway or post diagnosis of autism.

Children must be living in North Tyneside.

We have the following dates available:

Riverside Family Hub NE29 6DQ

> 06/05 03/06 01/07 05/08

Howdon Family Hub NE28 OAL

> 13/05 10/06 08/07 12/08

Shiremoor Family Hub NE27 OTA

north east autism society

> 20/05 17/06 15/07 19/08

#### Supporting your autistic child workshop

The workshop will cover:

- worries and action planning
- common misconceptions
- · differences in autistic children
- practical strategies to use in everyday life

These sessions will run 10-12 and must be pre-booked.

#### One to one appointments

These appointments are for families that have questions or would like to discuss any issues in confidence.

These appointments are available between 9-10 and 12.30-4 and must be pre-booked.

To book please contact Rebecca Weatherstone on 0191 410 9974 or rebecca.weatherstone@ne-as.org.uk

Registered Charity No. 1028260 | Company Limited by Guarantee No. 2859620





## The Toby Henderson Trust SIBLING SUPERSTARS

Autism Sibling Support Group

Being a brother or sister to an autistic sibling can be both difficult and rewarding. Some siblings have a very hard time coping with the effect of their brother or sister's disability on their family, school, and social life. Acknowledging their feelings about being a sibling to an autistic child is one of the most important things we can do to help them.



Our Sibling Superstars group is for children aged 6+ who can meet others in a similar position. Our group meets once a month at Toby House or sometimes out in the community. Invitations are emailed out on a monthly basis. There's no obligation to come to every session; we know that not everyone likes the same thing.

scan here for more

information (

To register your interest for Sibling Superstars please email lynda.richardson@ttht.co.uk.

Earth Balance, Bedlington Support@ttht.co.uk www.ttht.co.uk 0300 365 3055
 The Toby Henderson Trust activity and the toby\_henderson\_trust to the toby\_henderson\_trust

The Toby Henderson Trust

## Funiors

## Our social group for autistic children aged 9-12

What does MATES stand for? Meet At Toby's & Engage Socially! MATES Juinors is an exciting monthly programme of events and activities for autistic children and young people aged 9 to 12 who have, or are awaiting a diagnosis of autism. It offers fantastic chances to take part in brilliant social activities whilst making friends in a completely relaxed and non-judgemental environment.

At MATES Juniors we love getting together at Toby House for movie and games nights and enjoying food together. We even have a tuck shop where we can buy some treats and develop our independence. We sometimes go out in the community and visit new places.

### How does it work?

Invitations are emailed out on a monthly basis and will include further information about the session and when it will be taking place. There's no obligation to come to every session; we know that not everyone likes the same thing. That's why we like to mix it up!

> To register your interest for MATES Juniors and to join the fun, please email: lynda.richardson@ttht.co.uk

scan here! -For further information









Ø Earth Balance, Bedlington ⊠ support@ttht.co.uk ⊕ www.ttht.co.uk 0300 365 3055 f The Toby Henderson Trust 🕑 @autismTTHT 🔘 the\_toby\_henderson\_trust 🐚 the\_toby\_henderson\_trust

The Toby Henderson Trust

### Our social group for autisite teenagers and young adults



What does MATES stand for? Meet At Toby's & Engage Socially! MATES Seniors is an exciting monthly programme of events and activities for young adults aged 13+ who have, or are awaiting a diagnosis of autism. It offers fantastic chances to take part in brilliant social activities whilst making friends in a completely relaxed and non-judgemental environment.

Seniors

At MATES Seniors we like to listen to what our young people want to do, so we're always up for their suggestions, no matter how wacky they may seem! Some of our favourite things to do involve games and film nights at Toby House. We also go out in the community together and previously we have been to the pantomime, bowling, restaurants and lots more!





#### How does itwork?

Invitations are emailed out on a monthly basis and will include further information about the session and when it will be taking place. There's no obligation to come to every session; we know that not everyone likes the same thing.

To register your interest for MATES Seniors please email: lynda.richardson@ttht.co.uk



SCAN here.

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② Earth Balance, Bedlington Support@ttht.co.uk
 ⊕ www.ttht.co.uk
 € 0300 365 3055
 ④ The Toby Henderson Trust
 (m) the\_toby\_henderson\_trust



#### Autism Central Virtual Learning Workshops

#### As part of the Autism Central programme, Daisy Chain provides a range of online learning opportunities covering a variety of topics to help support individuals and families.

These free online sessions are free and open to families living in the North East and Yorkshire. Autism Central offers families and carers of autistic people high-quality and easily accessible autism education, training, and support through peer educators, alongside a dedicated website.

Peer educators are autistic people, and parents and carers of autistic people, who have been trained to support other families.

#### UPCOMING SESSIONS

Wednesday 21st May - 6pm - 7:30 pm / Getting Extra Help in Education Settings Friday 30th May - 10am - 11am / Personal Budgets and Personal Assistants Friday 6th June - 10am-12pm / Understanding Autistic Overshelm, Meltdown and Shutdowns Monday 9th June - 5:30 pm -7:30 pm / Understanding Autism Friday 13th June - 10am-12pm / Sibling Support Friday 20th June - 10am-12pm / Understanding Autism Friday 27th June - 10am-12pm / Low Demand Parenting Friday 4th July - 10am-12pm / Low Demand Parenting Friday 11th July - 10am-12pm / Holidays and Days Out Monday 14th July - 10am-12pm / Holidays and Days Out Friday 18th July - 10am-12pm / Support for Autistic Parents Friday 25th July - 10am-12pm / Support for Autistic Parents Friday 25th July - 10am-12pm / Maits and Mental Wellbeing

For more information, please book online /contact the Autism Central team: Email: support@daisychainproject.co.uk Visit our website: daisychainproject.co.uk/product/learning-workshops



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Life of Reilly, Mental Health Alliance and The Meadows present

### MAMS OF AUTISTIC CHILDREN SUPPORT GROUP

Come along to our mams only peer support group. A space to connect, share and support one another.

#### EVERY WEDNESDAY AFTERNOON 12-1

The Meadows Community Centre, Waterville Road, NE29 6BA 0191 341 0033 info@themeadows.community









Life of Reilly, Mental Health Alliance and The Meadows present

### DADS OF AUTISTIC CHILDREN SUPPORT GROUP

Come along to our dads only peer support group for connection, support and shared experiences in a safe, confidential space.

#### EVERY MONDAY EVENING 6PM to 7PM

The Meadows Community Centre, Waterville Road, NE29 6BA 0191 341 0033 info@themeadows.community





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Meadows

Life of Reilly, Mental Health Alliance and The Meadows present

## GRANDPARENTS OF AUTISTIC CHILDREN SUPPORT GROUP

Come along to our grandparents peer support.

Listen, learn, share, talk, support with others who understand.

#### WEDNESDAYS 11-12

The Meadows Community Centre, Waterville Road, NE29 6BA 0191 341 0033 info@themeadows.community









## CONTACTS





#### Who are we?

We are a Community Interest Company, led by and for, parent/carers of children, and young people with SEND aged from 0-25yrs.

We work with relevant providers on a strategic level to help improve and develop local services available to families.

We provide information and training opportunities to parent/carers in our community enabling them to access services and give a representative voice to shape and develop these services.



We do much more, if you would like to find out more, please get in touch!

www.ntpcf.co.uk [info@ntpcf.co.uk



Group by North Tyneside Parent Carer Foru...

North Tyneside Parent Carer Forum - Closed Group > Private group - 340 members



## North Tyneside Parent Carer > Forum CIC

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