www.ntpcf.co.uk

SEND FRIENDLY SUMMER!





DEAR PARENT CARERS,

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.









More Info

Pathways 2 Nature



Tim Lamb

Ages 8+ yrs

Tuesdays & Thursdays



Small Group Session 10.30am -3.30pm

Limited availability

Outdoor activities in our Pathways 2 Nature area & Tipi

Email *No 1-1 support available* Danielle@pathways4all.co.uk Membership required

The Tim Lamb Centre is specialist activity centre for disabled children/ young people & their families

Tim Lamb Children's Centre. Rising Sun Country Park. Whitley Road. Benton. NE12 9SS.

0191 266 5233 | info@pathways4all.co.uk | www.pathways4all.co.uk

Charity Number: 1146161

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







- EXPECT SUMMER DAYS FILLED WITH FUN ACTIVITIES
- INCLUDING NERF GUN WARS, BIKE RIDES, GAMES, BAKING, ARTS & CRAFTS, WATER FIGHTS, CHALLENGES, SURVIVAL SKILLS, NATURE WALKS AND MORE.
- EARLY BOOKING IS RECOMMENDED!
- DETAILS:
- 29TH JULY TO 23RD AUGUST
- MON-FRI 9.30AM 3PM
- (WRAPAROUND CARE IS AVAILABLE FOR A SMALL FEE AND MUST BE BOOKED IN ADVANCE)
- AGES 6-11
- £28 PER DAY (EXCLUDING WRAPAROUND)
- 10% DISCOUNT WHEN BOOKING A FULL WEEK.
- **PLEASE BE AWARE DUE TO STAFFING RATIOS WE ARE NOT ABLE TO FACILITATE CHILDREN WHO REQUIRE A HIGHER LEVEL OF SUPPORT. THE RATIO WILL BE 6:1. IF YOU ARE CONCERNED ABOUT YOUR CHILD'S NEEDS, PLEASE CONTACT US DIRECT**



Quiet Hours at Northumberland Zoo



Due to popular interest, we are trialling regular quiet hours until the summer holidays (every 2 weeks)



- 9th & 23rd June
- 7th & 21st July
- 15th & 29th September



🙀 We offer quiet hours for those with sensory struggles 🙀



We aim to be more inclusive for those that find busy/noisy places stressful. This is not just for people with a disability but for everyone including elderly visitors or those struggling with mental health

We will be:

- Turning waterfalls off Dimming lights
- Stating the noisier animals
- X No background music
- No broadcast announcements
- XNo noisy equipment in operation

We offer:

- Sensory maps/Sensory kits
- Seated areas
- Quiet zones
- Communication symbols
- Social story (downloadable)

• We are open to the public and we will try our best to ensure members of the public respect this event. We continue to welcome any constructive feedback on this initiative to try and cater for everyone's needs !

To Book



North Tyneside Parent Carer Forum ac





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 ON THE TUESDAYS, WEDNESDAYS AND THURSDAYS OF THE FIRST THREE WEEKS OF THE SUMMER HOLIDAYS.







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 NORTH TYNESIDE COUNCIL 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 YOU CAN CONTACT US VIA FACEBOOK MESSENGER FOR MORE INFO.
- 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





LILIDOREI ALNWICK GARDENS

OFFER QUIET SESSIONS, 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.





NEWCASTLE CITY CENTRE

FREE TODDLER CINEMA & STORYTELLING IN NEWCASTLE THIS SUMMER
TODDLER TAKEOVER TAKES PLACE AT SCREEN ON THE GREEN (OLD ELDON SQUARE OUTSIDE NANDOS) AT 10:30AM ON TUESDAYS FROM LATE JULY THROUGH AUGUST WITH
SCREENINGS OF BBC ADAPTATIONS OF POPULAR BOOKS BY CHILDREN'S WRITER JULIA
DONALDSON.

THERE'LL BE STORYTELLING SESSIONS FROM SEVEN STORIES TOO ALONGSIDE PICNIC BLANKETS TO GET COMFY ON AND JUICE CARTONS FOR THE KIDS - IT'S PERFECT FOR KEEPING LITTLE ONES ENTERTAINED ALL SUMMER LONG!

NO NEED TO BOOK, JUST TURN UP.









North Tyneside Parent Carer Forum ac

Family Fun Days



Get the family active at our fun days with games, challenges, music and much more! There'll be bike activities here too, with Dr Bike's health checks, the smoothie bike, plus pick up a pre-loved bike at a bargain price.

Fri 26 July, 11am – 2pm

Fri 2 August, 11am – 2pm

Fri 9 August, 11am – 2pm

Fri 16 August, 11am – 2pm

Springfield Park, Forest Hall

Richardson Dees Park, Wallsend

Churchill Playing Fields, Whitley Bay

Northumberland Park, North Shields



Skatepark

Join other enthusiasts to show off your latest stunts and tricks – or even learn new ones! A DJ will be on hand to play the latest tracks; all you need is your BMX, scooter or blades.

All sessions are at The Phoenix Bowl, next to The Parks Sports Centre in North Shields, from 11am – 2pm on:

- Wed 29 May
- Mon 29 July
- Wed 14 August

Provided in partnership with the Phoenix Detached Youth Project, Meadowell Connected and The Cedarwood Trust.





Disability Cycling

North Tyneside

We are delighted to introduce adapted bikes for all ages at weekly sessions at The Parks Sports Centre in North Shields, on Mondays from 4.45pm - 5.45pm (3 June - 19 August).

These will include tricycles, a hand cycle and a twister side-by-side bike.

Sessions are outdoors (weather dependent) and led by qualified instructors who can adapt the session to suit your needs. We do envisage sessions to be popular, so please be prepared to share the bicycles with others. Call (0191) 643 7447 for more details.

Booking is essential - visit www.eventbrite.co.uk and search 'adapted bikes @ The Parks Sports Centre'.









Learn to Ride

Children can wave goodbye to their stabilisers during these one-hour sessions. Various time slots available on:

Richardson Dees Park, Wallsend

Tues 28 May

Northumberland Park, North Shields

- Tues 23 July
- Wed 24 July
- Thurs 25 July

Booking essential – visit www.eventbrite.co.uk and search 'Learn to Ride'



FREE



Bikeability Level 1 off road (age 8+)

Half day session

Learn to control and master your bike in a traffic-free space. Children will be taught how to prepare for cycling, pedal and stop with control, use gears and avoid objects and share space with pedestrians and other cyclists safely.

Shiremoor Adventure Playground

- Tues 23 July
- Tues 6 August

Richardson Dees Park, Wallsend

- Tues 28 May
- Tues 30 July
- Tues 13 August

The Cedarwood Trust, North Shields

- Mon 12 August
- Mon 19 August

Booking essential – visit www.eventbrite.co.uk and search 'Bikeability'



Bikeability Level 2 (age 8+)

Full day session

Training takes place on local streets, allowing young people to learn how to deal with traffic on short journeys such as cycling to school. Training includes recognising hazards, knowing where to ride on the road and passing parked vehicles.

Rising Sun Country Park, Benton

- Wed 29 May
- Wed 24 July
- Wed 31 July
- Wed 7 August
- Wed 21 August

The Cedarwood Trust, North Shields

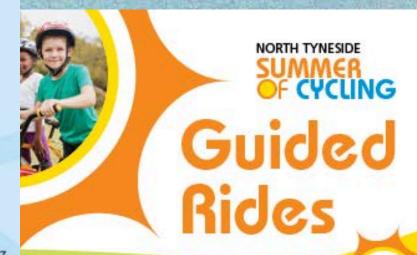
Tues 20 August

Shiremoor Adventure Playground

- Tues 27 August
- Wed 28 August

Booking essential – visit www.eventbrite.co.uk and search 'Bikeability'







For adults

Watbike is running guided rides every Wednesday (5.30pm) and Sunday (9am) leaving from Silverlink Biodiversity Park car park (opposite the Village Hotel). These are social rides with experienced guides at a relaxed pace, designed for most abilities (please note: there is a £5 charge for Sunday rides).

No need to book, just turn up!

Watbike also offer cycling trips to locations including Holland, Norfolk, Northumberland and Yorkshire.

www.watbike.co.uk Email: cycling@watbus.org.uk Tel: (01670) 522111



FREE

For families

British Cycling is excited to work alongside North Tyneside Council to bring you a series of Guided Family Rides. These are suitable for all ages and abilities – even those using stabilisers.

Rides will start from Shiremoor Adventure Playground every Tuesday evening during term-time starting on 11 June and every Thursday morning during school holidays (weather dependent). Your bike must be in a roadworthy condition and don't forget your helmet.

Book online: www.letsride.co.uk Email: rideleaders.ne@outlook.com

Our Summer of Cycling will draw to a close on Thursday 29 August – Join us for our final ride of the summer from Shiremoor Adventure Playground at 10,30am. On returning from your ride, stay at the playground for a picnic with music, games, family karaoke and a BBQ too!







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

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





Smile's Summer Programme 2024

Sport & physical activity sessions and events for children, young people with SEND.

Siblings are welcome to attend too!

Our sessions and events are taking place across the North East. We are not postcode restricted, so please book onto any sessions/events you are able to travel to!

Tyne & Wear

County Durham

Northumberland

For more information visit: www.smilethroughsport.com/whats-on



To Book

Summer Holiday Activities

Week 1 - 22nd July - 28th July

SEND / disability specific sport & physical activity sessions

SMIDE THROUGH SPORT

Monday

Outdoor games (6-19) 10.45am-12.45pm Gibside National Trust, Gateshead, NE16 6BG

Multi-sport session (6-19) 1.30pm-3.30pm The Pavilion, Peterlee, SR8 1ER £3pp

Boccia session 4pm-5.45pm Concordia Leisure Centre, Cramlington, NE23 6YB £3pp

Tuesday

Outdoor games (6-19) 10.30am-12.30pm Souter Lighthouse, Sunderland, SR6 7NH

Multi-sport session (6-19) 1.30pm-3.30pm Washington Leisure Centre, Washington, NE38 755 £3pp

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Multi-sport session (6-19) 10am-12nn Nelson Village Community Centre, Cramlington, NE23 1HG £3pp

Wednesday

Multi-sport session (6-19) 1.30pm-3.30pm Tyneside Badminton Centre, Newcastle, NE5 2TA £3pp

Outdoor games (6-19) 1.30pm-3.30pm Washington Old Hall National Trust, NE38 7LE

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Thursday

Multi-sport session (6-19) 10am-12nn Jubilee Fields Community Centre, Shildon, DL4 2AL £3pp

Stay & play session (0-5) 10.30am-12nn Balkwell Community Centre, North Shields, NE29 7LU £2pp

Friday

Multi-sport session (6-19) 10am-12nn The Venue, Community Centre, Stanley, DH9 6AH £3pp

Book Now info@smilethroughsport.com or 01670 457 757

@smiletsport



Summer Holiday Activities

Week 2 - 29th July - 4th August



SEND / disability specific sport & physical activity sessions

Monday

Multi-sport session (6-19) 1.30pm-3.30pm The Pavilion, Peterlee, SRB 1ER **Е**3рр

Outdoor games (6-19) 1.30pm-3.30pm Gibside National Trust. Gateshead, NE16 6BG

Boccia session 4pm-5,45pm Concordia Leisure Centre, Cramlington, NE23 6YB £3pp

Tuesday

Outdoor games (6-19) 10.30am-12.30pm Souter Lighthouse, Sunderland, SR6 7NH

Multi-sport session (6-19) 1.30pm-3.30pm Washington Leisure Centre, Washington, NE38 7SS £3pp

Archery session (6-19) 1.30pm-2.45pm

2.45pm - 4pm John Willie Sams Centre, Dudley, NE23 7HS £2pp

Wednesday

Multi-sport session (6-19) 10am-12nn **Nelson Village Community** Centre, Cramlington, NE23 1HG €Зрр

Multi-sport session (6-19) 1.30pm-3.30pm yneside Badminton Centre, Newcastle, NES 2TA £3pp

Outdoor games (6-19) 1.30pm-3.30pm Washington Old Hall National Trust, NE38 7LE

Thursday

Multi-sport session (6-19) Jubilee Fields Community Centre, Shildon, DL4 2AL €Зрр

Stay & play session (0-5) 10.30am-12nn **Balkwell Community** Centre, North Shields, **NE29 7LU** £2pp

Friday

Multi-sport session (6-19) 10am-12nn The Venue, Community Centre, Stanley, DH9 6AH £3pp

Sunday

Multi-sport session (6-19) 11am-1pm Berwick Sports & Leisure Centre, Berwick, TD15 2AS

Book Now

info@smilethroughsport.com

or 01670 457 757



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@smiletsport

To Book

Summer Holiday Activities

Week 3 - 5th August - 9th August

SEND / disability specific sport & physical activity sessions

Monday

Outdoor games (6-19) 10.45am-12.45pm Gibside National Trust. Gateshead, NE16 6BG

Multi-sport session (6-19) 1.30pm-3.30pm The Pavilion, Peterlee, SR8 1ER £3pp

Boccia session 4pm-5.45pm Concordia Leisure Centre, Cramlington, NE23 6YB £3pp

Tuesday

Outdoor games (6-19) 10.30am-12.30pm Souter Lighthouse, Sunderland, SR6 7NH

Multi-sport session (6-19) 1.30pm-3.30pm Washington Leisure Centre, Washington, NE38 7SS €Зрр

Wednesday

Multi-sport session (6-19) 10am-12nn **Nelson Village Community** Centre, Cramlington, NE23 1HG £3pp

Adapted cycling (6-19) 10am-12nn Newburn Leisure Centre, Newcastle, NE15 8ND £3pp

Multi-sport session (6-19) 1.30pm-3.30pm Tyneside Badminton Centre, Newcastle, NE5 2TA £3pp

Outdoor games (6-19) 1.30pm-3.30pm Washington Old Hall National Trust, NE38 7LE

Thursday

Multi-sport session (6-19) 10am-12nn Jubilee Fields Community Centre, Shildon, DL4 2AL £3pp

Stay & play session (0-5) 10.30am-12nn **Balkwell Community** Centre, North Shields, **NE29 7LU** £2pp

Friday

Multi-sport session (6-19) 10am-12nn The Venue, Community Centre, Stanley, DH9 6AH ЕЗрр

Book Now

info@smilethroughsport.com

or 01670 457 757

@smilethroughsport

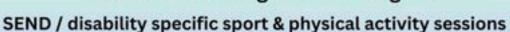


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Summer Holiday Activities

Week 4 - 12th August - 18th August





Monday

Multi-sport session (6-19) 1.30pm-3.30pm The Pavilion, Peterlee, SR8 1ER €3pp

Outdoor games (6-19) 1.30pm-3.30pm Gibside National Trust, Gateshead, NE16 68G

Boccia session 4pm-5.45pm Concordia Leisure Centre, Cramlington, NE23 6YB €Зрр

Tuesday

Outdoor games (6-19) 10.30am-12.30pm Souter Lighthouse, Sunderland, SR6 7NH

Multi-sport session (6-19) 1.30pm-3.30pm Washington Leisure Centre, Washington, NE38 7SS €Зрр

Wednesday

Multi-sport session (6-19) 10am-12nn **Nelson Village Community** Centre, Cramlington, NE23 1HG £3pp

Multi-sport session (6-19) 1.30pm-3.30pm Tyneside Badminton Centre, Newcastle, NES 2TA **ЕЗрр**

Outdoor games (6-19) 1.30pm-3.30pm Washington Old Hall National Trust, NE38 7LE

Thursday

Multi-sport session (6-19) 10am-12nn Jubilee Fields Community Centre, Shildon, DL4 2AL €Зрр

Stay & play session (0-5) 10.30am-12nn **Balkwell Community** Centre, North Shields, **NE29 7LU** E2pp

Water activities (12-19) 1.30pm-3pm Druridge Bay County Park, Morpeth, NE61 58X £5pp

Friday

Multi-sport session (6-19) 10am-12nn The Venue, Community Centre, Stanley, DH9 6AH £3pp

Sunday

Adapted cycling (6-19) 10am-12nn Newburn Leisure Centre, Newcastle, NE15 8ND £3pp

Multi-sport session (6-19) 11am-1pm Berwick Sports & Leisure Centre, Berwick, TD15 2AS

Book Now info@smilethroughsport.com or 01670 457 757



@smilethroughsport



@smiletsport

To Book

Summer Holiday Activities

Week 5 - 19th August - 23rd August

SEND / disability specific sport & physical activity sessions

Monday

Outdoor games (6-19) 10.45am-12.45pm Gibside National Trust, Gateshead, NE16 68G

Multi-sport session (6-19) 1.30pm-3.30pm The Pavilion, Peterlee, SR8 1ER £3pp

Boccia session 4pm-5.45pm Concordia Leisure Centre, Cramlington, NE23 6YB £3pp

Tuesday

Outdoor games (6-19) 10.30am-12.30pm Souter Lighthouse, Sunderland, SR6 7NH

Multi-sport session (6-19) 1.30pm-3.30pm Washington Leisure Centre, Washington, NE38 7SS €Зрр

Wednesday

Multi-sport session (6-19) 10am-12nn **Nelson Village Community** Centre, Cramlington, NE23 1HG €Зрр

Multi-sport session (6-19) 1.30pm-3.30pm Tyneside Badminton Centre, Newcastle, NE5 2TA £3pp

Outdoor games (6-19) 1.30pm-3.30pm Washington Old Hall National Trust, NE38 7LE

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Multi-sport session (6-19) 10am-12nn Jubilee Fields Community Centre, Shildon, DL4 2AL **ЕЗрр**

(6-19)2pm-4pm Blaydon Leisure Centre, Gateshead, NE21 5NW £3pp

Book Now

info@smilethroughsport.com

or 01670 457 757

@smiletsport

Thursday

Stay & play session (0-5) 10.30am-12nn **Balkwell Community** Centre, North Shields, £2pp

Athletics/Frame Running



North Tyneside Parent Carer Forum ac



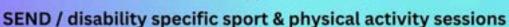
Multi-sport session (6-19) 10am-12nn The Venue, Community Centre, Stanley, DH9 6AH €Зрр

To Book

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Summer Holiday Activities

Week 6 - 26th August - 1st September





Monday Bank

No

Holiday

Sessions

Tuesday

Outdoor games (6-19) 10.30am-12.30pm Souter Lighthouse, Sunderland, SR6 7NH

Multi-sport session (6-19) 1.30pm-3.30pm Washington Leisure Centre, Washington, NE38 755 £3pp

Wednesday

Multi-sport session (6-19) 10am-12nn Nelson Village Community Centre, Cramlington, NE23 1HG £3pp

Outdoor games (6-19) 1.30pm-3.30pm Gibside National Trust, Gateshead, NE16 6BG

Multi-sport session (6-19) 1.30pm-3.30pm Tyneside Badminton Centre, Newcastle, NE5 2TA 63pp

Outdoor games (6-19) 1.30pm-3.30pm Washington Old Hall National Trust, NE387LE

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Thursday

Multi-sport session (6-19) 10am-12nn Jubilee Fields Community Centre, Shildon, DL4 2AL £3pp

Stay & play session (0-5) 10.30am-12nn Balkwell Community Centre, North Shields, NE29 7LU £2pp

Water activities (12-19) 1.30pm-3pm Druridge Bay County Park, Morpeth, NE61 58X £5pp

Friday

Multi-sport session (6-19) 10am-12nn The Venue, Community Centre, Stanley, DH9 6AH

Sunday

Multi-sport session (6-19) 11am-1pm Berwick Sports & Leisure Centre, Berwick, TD15 2AS

Book Now info@smilethroughsport.com or 01670 457 757

@smiletsport



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.





Summer HAF Provision

Mon 22nd Jul - Fri 26th Aug 9.30am - 3.00pm **Burradon** Community Primary

Mond 22nd Jul - Frid 26th Aug 9.30am - 3.00pm **Denbigh** Community Primary

Mon 5th Aug - Fri 9th Aug 9.30am - 3.00pm **Burradon** Community Primary

Mon 5th Aug - Fri 9th Aug 9.30am - 3.00pm **Denbigh** Community Primary

Mon 19th Aug- Fri 23rd Aug 9.30am - 3.00pm **Burradon** Community Primary

Lunch Included

FREE







To book simply visit https://easeinto.northtyneside.gov.uk/ and search ACFC Football Camp

Income Related Free School Meals Required

To Book





To Book

C C WAS TO THE TOWN





To Book



REGISTER FOR AN ACCOUNT ON THE ON THE EASE INTO BOOKING SYSTEM 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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More Info



IF YOUR CHILD IS 8+ AND ELIGIBLE FOR OUR SUMMER EASE INTO ACTIVITIES, GET THEM SIGNED UP! (PAID FOR PLACES ARE 6+)





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 QR CODE.



North Tyneside Parent Carer Forum ac



E 24 PER DAY
SIGNIFICANT SAVINGS WHEN
PAYING BY CHILDCARE VOUCHERS

EXCITING MULTI-SPORTS CHILDCARE
DURING THE SCHOOL HOLIDAYS

Sports School childcare sessions offer children of all abilities the opportunity to take part in Ofsted registered sports courses during School Holidays in a fun, safe and controlled environment.

Come along and enjoy our extensive programme of activities including:

Aerobics American Football Athletics Baseball
Basketball Chess Colouring Fencing Cricket
Dance Drawing Dodgeball Football Gymnastics
Golf Hockey Longball Netball Rounders Rugby
Softball Table Tennis Team Building Games
Tennis Swimming (depending on pool availability)
Trampolining Under 8's Games Urban Surf
Volleyball Quizzes Games and many more...

SESSIONS AVAILABLE

8.30 АМ - 5.25 РМ

ALSO WITH VENUES AT

Jesmond Park Academy (formerly Heaton Manor)

Newcastle High School for Girls (boys and girls welcome)

To book, simply visit:

www.sportschools.co.uk

WEEK ONE

Monday 22nd July to Friday 26th July

WEEK TWO

Monday 29th July to Friday 2nd August

WEEK THREE

Monday 5th August to Friday 9th August

WEEK FOUR

Monday 12th August to Friday 16th August

WEEK FIVE

Monday 19th August to Friday 23rd August



For more information, email: info@sportschools.co.uk

All the Sports School team are highly motivated Teachers, Nursery Nurses, Sport Coaches and Childcare professionals who are DBS checked.

To Book



North Tyneside Parent Carer Forum co





Summer Activity & Sports Camp

for children Aged 5 to 12 years

DATES

Monday 22nd - Thursday 25th July HAF FSM places available

> 9-3pm | £21.50 per day or £70 for 4 days

to book your child's place email: mjsportsstars@googlemail.com

Safeguarding

All of our staff have received relevant safeguarding and first aid training, as well as having advanced DBS certificate

VENUE: Holystone Primary School, Holystone, Newcastle upon Tyne NE27 0DA



To Book



Summer Activity & Sports Camp

for children Aged 5 to 12 years

DATES:

WEEK 1 - MONDAY 22ND | THURSDAY 25TH JULY

HAF FSM PLACES

WEEK 2 - MONDAY 29TH | THURSDAY 1ST AUGUST

HAF FSM PLACES

WEEK 3 - MONDAY 5TH | THURSDAY 8TH AUGUST

WEEK 4 - MONDAY 12TH | THURSDAY 15TH AUGUST

HAF FSM PLACES

WEEK 5 - MONDAY 19TH | THURSDAY 22ND AUGUST

WEEK 6 - TUESDAY 27TH | FRIDAY 30TH AUGUST

HAF FSM PLACES

9.00am - 3pm | £21.50 per day or £70 for 4 days

to book your child's place email: mjsportsstars@googlemail.com

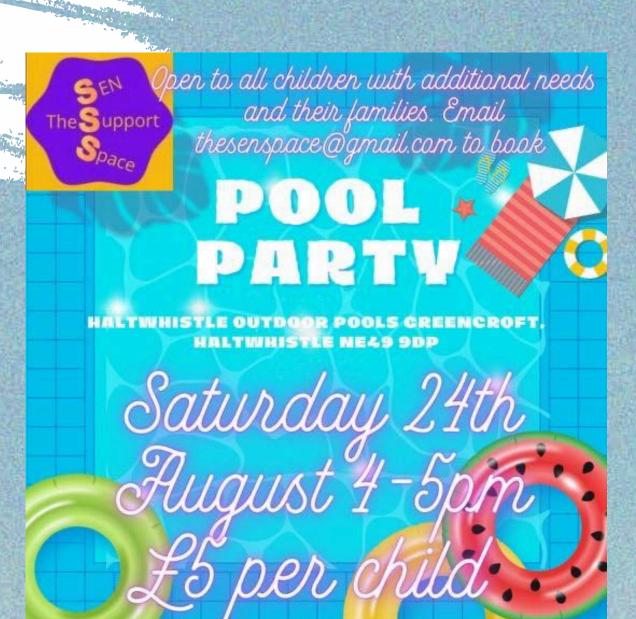
Safeguarding

All of our staff have received relevant safeguarding and first aid training, as well as having advanced DBS certificate

VENUE: Benton Dene Primary School, Hailsham Ave, Longbenton, NE12 8FD



North Tyneside Parent Carer Forum ac



Pag swims at PaddlePod

Pool sensory sessions

Sun, 8.45am, Shiremoor Sun, 3.45pm, Killingworth



Open swim sessions

Mon, 1.30pm, Whitley Bay Wed, 9.30am, Shiremoor Wed, 1.30pm, Killingworth Thur, 9.30am, Killingworth Thur 1.30pm, Whitley Bay Fri, 9.30am, Killingworth Fri, 1.00pm, Shiremoor Sat, 3.15pm, Whitley Bay Sun, 10.00am, Whitley Bay Sun, 11.15am, Whitley Bay Sun, 12.30pm, Whitley Bay Sun, 1.45pm, Whitley Bay Sun, 4.30pm, Shiremoor

To Book



Cleaswell Hill Therapy Pool

Summer holiday pool hire available

One hour private sessions.

From July 22nd – August 16th 2024 Mon – Fri: 10am - 3pm





If your child attends CHS – £25.00 (4 bathers)

Public Hire - £30.00 (4 bathers)

Maximum 8 bathers (£65).

Telephone 01670 823182 Text 07498 311 159

pool@cleaswellhill.northumberland.sch.uk

For bookings and enquiries.



To Book

PaddlePad

UNLIMITED swim & play this summer for just £35!

UNLIMITED OPEN SWIMS FOR UP TO 4 FAMILY MEMBERS
UNLIMITED PLAY SESSIONS FOR UP TO 2 CHILDREN AGED 0-5
10% OFF IN OUR ON-SITE SHOPS AND CAFES
10% OFF ALL OTHER PADDLEPOD SESSIONS



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.





To Book



ONE TO ONE ADAPTIVE SURF (BLYTH)

A CALMING ONE TO ONE INTRO INTO SURFING OFFERED DAILY 1 HR £25



South SHIELDS SURF CIC

To Book



ADAPTIVE SURFING

FREE SURF AND OCEAN SESSIONS FOR ANYONE



WITH ADDITIONAL NEEDS.
EMAILFOR MORE INFO &
TO SECURE YOUR PLACE
INFO@SOUTHSHIELDSURF.CO.UK





North Tyneside Parent Carer Forum co

SOUTH SHIELDS SURF CIC

To Book

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SEN SURF SESSIONS

FREE SURF AND OCEAN SESSIONS FOR CHILDREN AND YOUNG PEOPLE WITH SEN

8-16 YEAR OLDS - THURS 5-6PM 16-24 YEAR OLDS - WEDS 5-6PM

EMAIL INFO@SOUTHSHIELDSURF.CO.UK FOR MORE INFO & TO SECURE YOUR PLACE



INDCCR/CTHER AARBARAA

AGIIWITIES







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!



To Book

More Info



More Info



THE TOBY HENDERSON TRUST

EVENT IS EXCLUSIVE TO THE FAMILY AND FRIENDS OF THE TOBY HENDERSON TRUST FRIDAY 9TH AUGUST FROM 12PM- 3PM

FAMILY FUN INCLUDING INFLATABLES WITH ONE FOR THE ADULTS TO HAVE FUN ON TOO, (ADDITIONAL COST), BUBBLE SHOW FROM "THE BUBBLE WHISPERER", A FACE PAINTER AND LOTS OF FUN SENSORY ACTIVITIES IN TOBY'S MAGICAL GARDEN. TODDLER AND BABY SOFT PLAY AREA ENSURING FUN FOR ALL THE FAMILY.

THE WHITLEY BAY PIZZA AND TOMMY'S ICE CREAM VAN WILL NE THERE TOO. £2.50 PER CHILD AND £1 AN ADULT









Sunday 4th August
Build-A-Bear Metro Centre
10am
£12 per child



Open to all children with additional needs and their families. Please email thesenspace@gmail.com to book.





To Book

Family Activities & Day Trips

Hall Hill Farm

Cinema - Cineworld

Family Sports day

Reamish museum

Wednesday 21st August

HAFestival End Summer Party

Friday 30th August HAF Celebration Day - Cochrane park

SCAN ME



Unleash Your Creativity



Sports Galore

REGISTER NOW ()

Wednesday 7th August

Friday 9th August

Mondays & Wednesdays 29th July - 21st August 2024

Hadrian School Bertram Cres, Newcastle

NE15 6PY

www.napi.org.uk

01912656158

admin@napi.org.uk

*FREE HAF funded places available for children on free school meals / children must attend with parent or carer / dinner included for children 4-11 years old with additional needs and or send diagnosed and undiagnosed



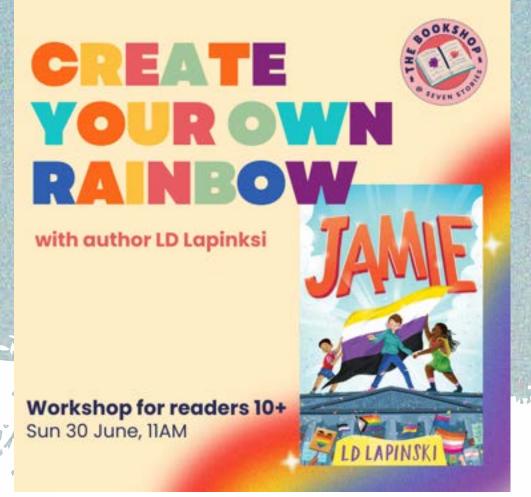


seven stories National Centre for Children's Books

To Book



To Book





North Tyneside Parent Carer Forum ac

To Book

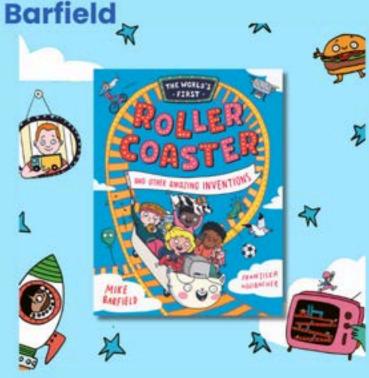
The state of the s

'The World's First Rollercoaster'

(AND OTHER AMAZING ADVENTURES)

with author Mike Barfield

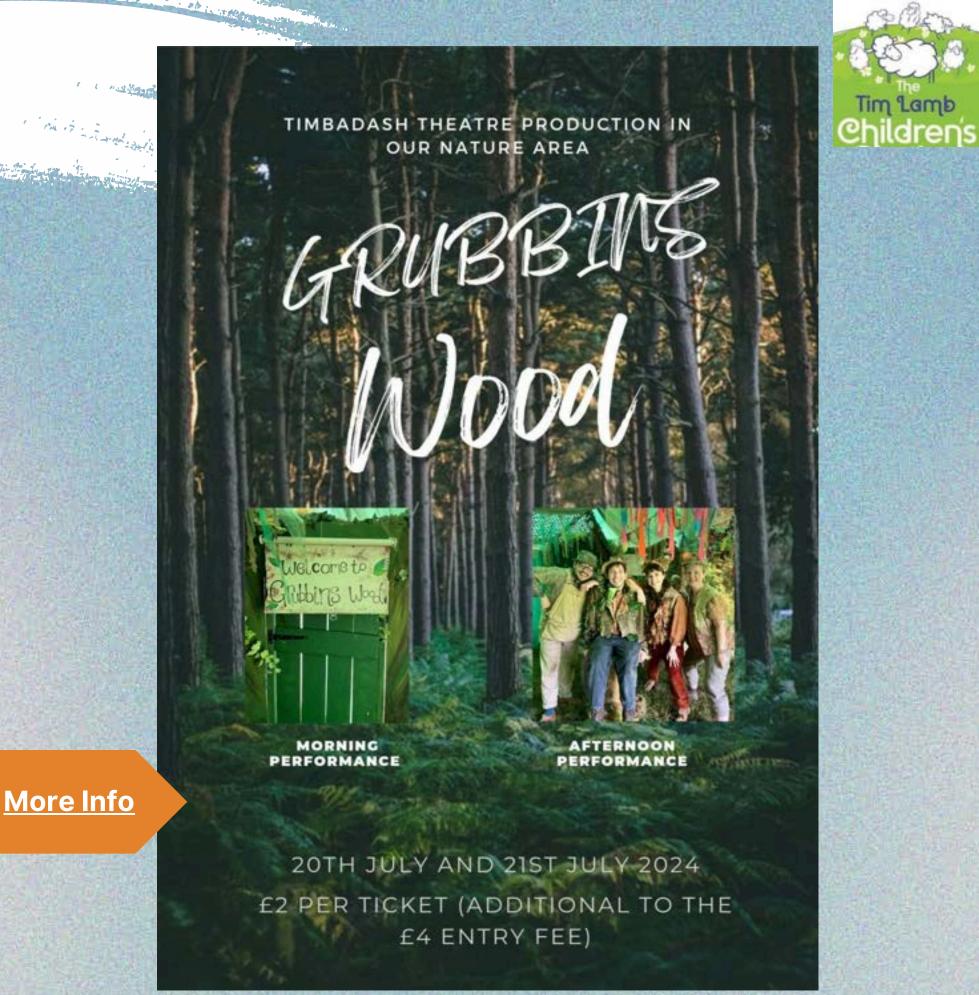
Immersive, timetravelling event for middle grade readers & aspiring inventors Sat 27 July, 11AM

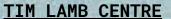


THE PROPERTY



North Tyneside Parent Carer Forum cc





TICKETS ARE AVAILABLE FOR £2 PER CHILD FROM THE TIM LAMB OFFICE (£4 ENTRY FEE WILL BE APPLICABLE ON THE DAY)
SHOWING DATES AND TIMES ARE:
SATURDAY 20TH JULY 11AM & 13:00
SUNDAY 21ST JULY 11AM & 13:00
PLEASE EMAIL INFO@PATHWAYS4ALL.CO.UK FOR ANY ADDITIONAL INFORMATION.





SUMMER TRAVELS WITH TIM LAMB

Week 1 Week commencing Monday 22nd July

ITALY !!

Mon 22nd July 1-3pm let's make Italian Pizza.

> Friday 26th July 10-4pm Inflatable Collisseum

Week 2 Week commencing Monday 29th July

AFRICA 🞏

Mon 29th July 1-3pm let's make African drums and masks.

Friday 2nd August 1-3pm African Drums & garden games

Week 3 Week commencing Monday 5th August

USA =

Mon 5th August 1-3pm let's make star shaped suncatchers.

Friday 9th August 12-3 Inflatable Surf Stimulator.

Week 4 Week commencing Monday 12th August

PERU !!

Mon 12th August 1.30-3pm Crazy Creatures.

Friday 16th August 1-3pm Alpacas Encounters









SUMMER TRAVELS WITH TIM LAMB

Week 5 Week commencing Monday 19th August

AUSTRALIA

Mon 19th August 1-3pm Arts & Crafts

Wednesday 21st August 1-3pm Dance Punkz

> Friday 23rd August 1-3pm Animal Antics

Week 6
CLOSED BANK HOLIDAY
26.08.24

Week commencing Tuesday 27th August

SPAIN =

Tues 27th Aug 1-3pm Arts & Crafts

Friday 30th August 1-3pm END OF SUMMER IBIZA STYLE FOAM PARTY 🐉

Each week in the summer holidays we will celebrate a different country.





Tim Lamb

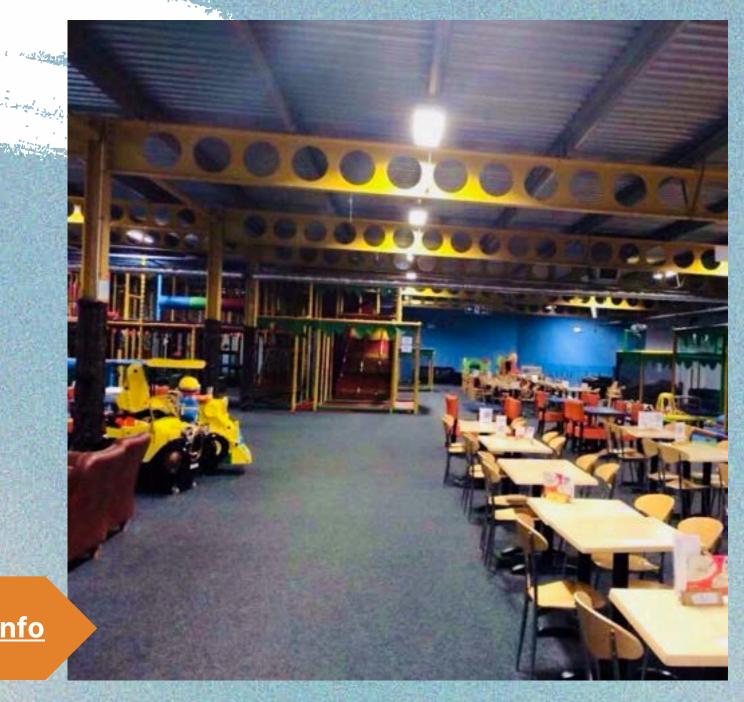
TIM LAMB CENTRE

FRIDAY 30TH AUGUST 1-3PM... RETURN OF PATHWAYS 4 ALL IBIZA STYLE FOAM PARTY

PLEASE EMAIL INFO@PATHWAYS4ALL.CO.UK FOR ANY ADDITIONAL INFORMATION.

FACTOR AFTER STATE OF THE STATE





More Info

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.



North Tyneside Parent Carer Forum oc

Summer Fayres

Summer Fayres promise endless fun for the whole family. Get ready for non-stop laughter, dancing, magic shows, balloon modelling, face painting, crafts and thrilling rides that will have you spinning with joy!

The Oxford Centre, Longbenton: Saturday 13 July, 10.30am-12.30pm

John Willie Sams Centre, Dudley: Thursday 25 July, 11am-2pm

White Swan Centre, Killingworth: Thursday 15 August, 11am-2pm Rides will be at
John Willie Sams Centre
and White Swan Centre
only









Family Fun Days Summer 2024

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



Friday 26 July at Springfield Park, Forest Hall

Friday 2 August at Richardson Dees Park, Wallsend

Friday 9 August at Churchill Playing Fields, Whitley Bay

Friday 16 August at 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.

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



www.activenorthtyneside.org.uk



Summer Reading Challenge

Saturday 13 July to Saturday 14 September

The 2024 Summer Reading
Challenge is a celebration of the
creative arts, inspiring children
aged 3 to 11 to express themselves
in creative ways, tap into a world of
imagination and storytelling, and –
of course – to read!

The theme of this year's Summer Reading Challenge, produced by the Reading Agency and delivered by libraries, is Marvellous Makers.

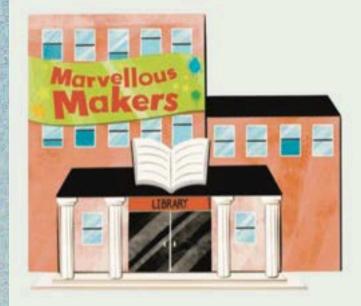
Children can sign up at any library and read their way through library books, collecting special stickers as they go.

More Info

Marvellous Makers characters have been brought to life by children's illustrator, Natelle Quek and the challenge encourages children to unleash their creativity whether that's through drawing, music, dancing or singing.

It's an exciting and great way to keep reading over the summer holidays and as a reward, children will earn a Summer Reading Challenge medal and certificate.

Don't forget to stay tuned for all the amazing summer reading challenge events coming up! Keep an eye out for updates on libraries' social media and make sure you don't miss out on the fun. Get ready for a summer filled with exciting and fantastic activities. See you there!





Illustrations by Natelle Quek and logo artwork by Lizzie Everard. All © The Reading Agency 2024.



Borrow, download and enjoy here Your library in one app.

Access hundreds of eBooks or e-audio books completely free of charge through our eBooks service, BorrowBox.

BorrowBox makes it's easy to browse, borrow and read eBooks anywhere, everywhere.

- Have your library card handy and download the BorrowBax app to your Apple or Android device
- In the app, find 'North Tyneside Libraries'
- Sign in with your library card (28012 number) and your PIN

If you need help, just ask at any library.

(Please note: Kindles and some older devices are not compatible with this service)



North Tyneside Parent Carer Forum oc





RELAXED SUNDAY SESSION

DEDICATED QUIET TIME FOR ANYONE TO ACCESS AND ENJOY THE SCIENCE CENTRE, INCLUDING AUTISTIC PEOPLE AND THOSE WITH OTHER SENSORY NEEDS.

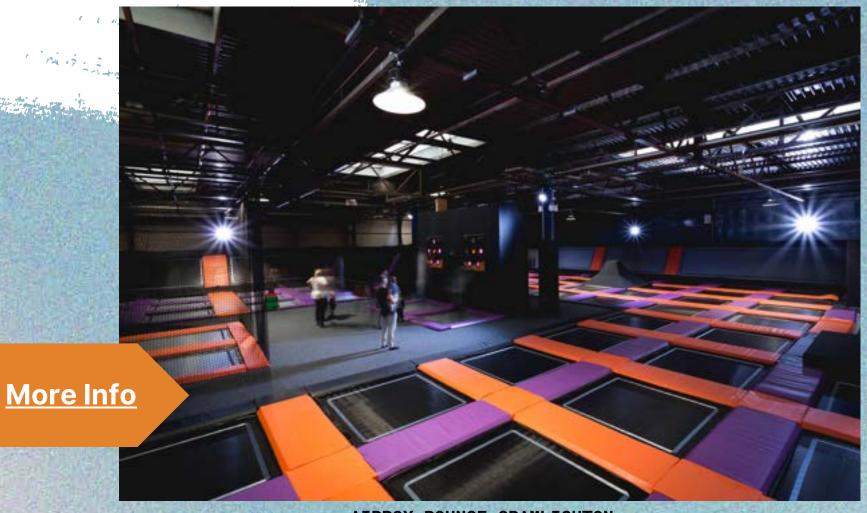
INCLUDED IN SCIENCE CENTRE TICKET. FREE FOR MEMBERS!

SESSIONS TAKE PLACE ON THE SECOND SUNDAY OF EACH MONTH



More Info



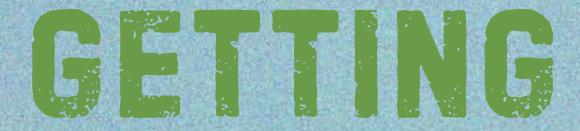


AIRBOX BOUNCE CRAMLIGHTON

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



North Tyneside Parent Carer Forum cc







North Tyneside Parent Carer Forum co



More Info

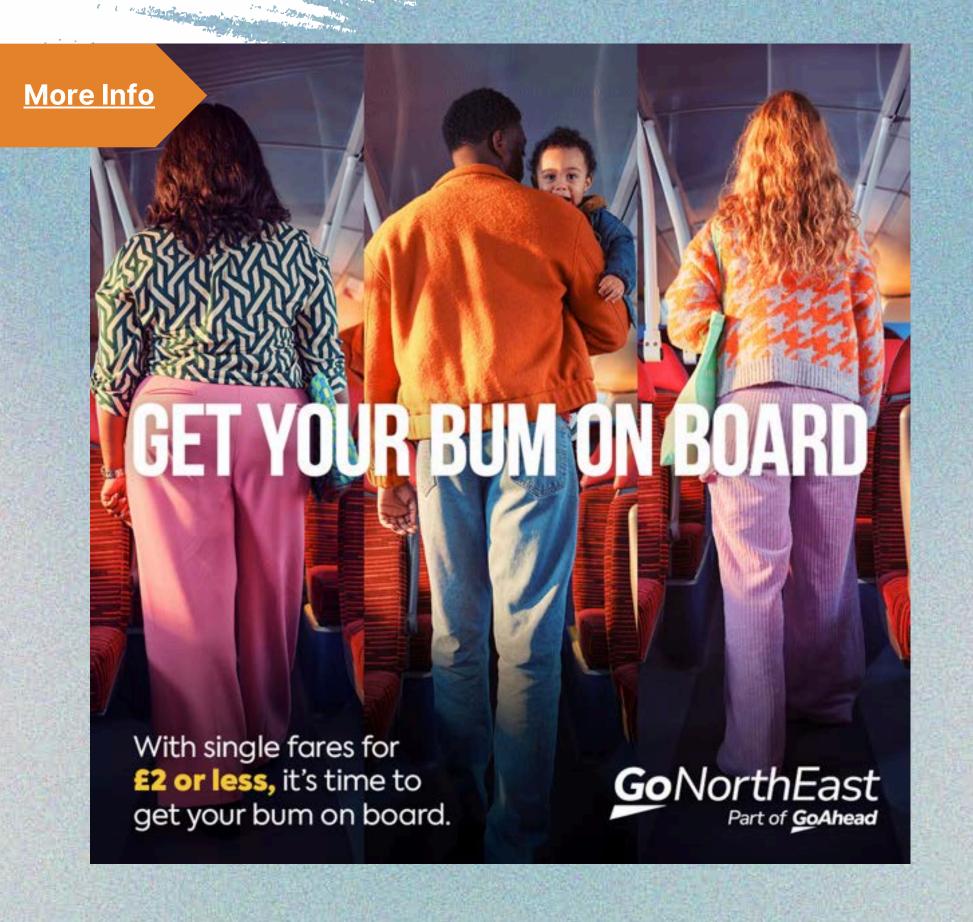




Take the kids for free all day, every day



North Tyneside Parent Carer Forum ac





More Info



Take the kids for free this summer

More Info



Take the kids for free all day, every day



North Tyneside Parent Carer Forum co





Newbiggin Maritime Centre



Free Hire.



BEACH WHEELCHAIRS

Enjoy a day on the beach.

3 sizes available.

Ring 01670 811951 to book.

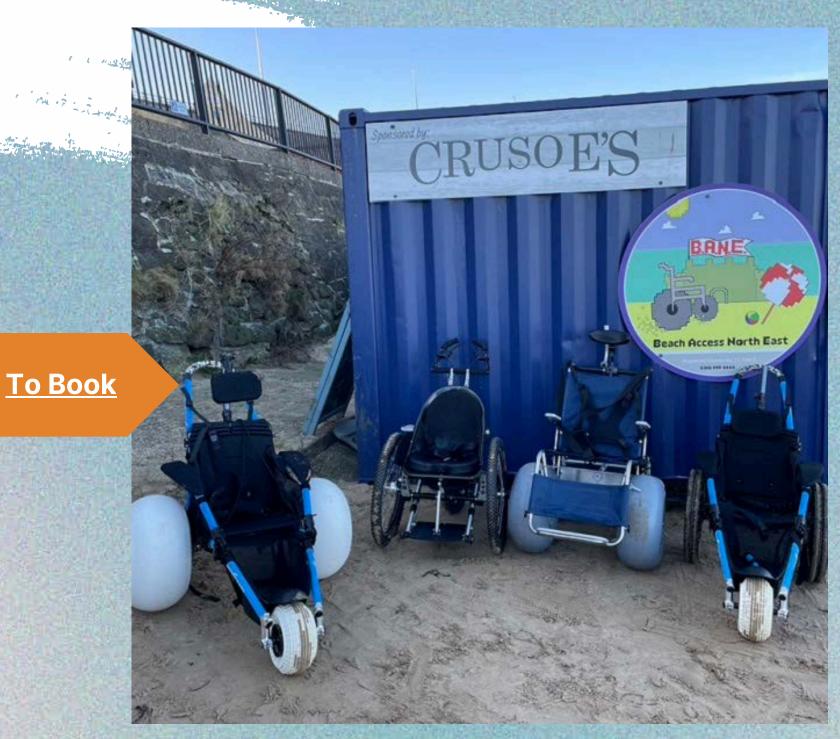
Working with
Beach Access North East
To ensure beach access for all.

www.nmcentre.org.uk









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.









North Tyneside Parent Carer Forum co

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

AUTISM/

BETTER TOGETHER

Adult Support & Friendship Group

WALLSEND LIBRARY - OXFORD CENTRE

2nd JULY 16th JULY
6th AUGUST 20th AUGUST
3rd SEPTEMBER 17th SEPTEMBER
1st OCTOBER 15th OCTOBER
5th NOVEMBER 19th NOVEMBER
3rd DECEMBER 17th DECEMBER

1pm - 4.30pm

DROP IN FOR A CHAT - ALL WELCOME

FOR MORE INFORMATION EMAIL waynetaylor@autismbettertogether.org facebook.com/BetterTogetherAutism





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

Take 5 and chat - parenting additional needs

Café Drop-in (Whitley Bay) Wednesdays Summer 2024

The Small Hall

Park Avenue

Whitley Bay

NE26 1DX

Whitley Bay Baptist Church

Take 5 and Drop-in... Morning 8.45-11.30. Afternoon 1.30-3.00.

- 6 March (morning) & 20 March (afternoon)
- 3 April (afternoon) & 17 April (morning)
- 1 May (afternoon) & 15 May (morning)
- 29 May (afternoon) Half Term Week
- 12 June (morning) & 26 June (afternoon)
- 10 July (morning)
- Every Wed afternoon in summer school holidays

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

More details at: www.take5andchat.org.uk info@take5andchat.org.uk www.facebook.com/take5andchat



North Tyneside Autism Hub

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 04/06 02/07 06/08	Howdon Family Hub NE28 OAL 11/06 09/07 13/08	Shiremoor Family H NE27 OTA 18/06 16/07 20/08
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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.



north east

autism society

Hub

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





INTRODUCTION TO SUPPORTING AUTISTIC CHILDREN

25th June 27th August 1.00 - 3.00pm SUPPORTING THE EMOTIONAL WELLBEING OF AUTISTIC CHLIDREN

30th July 24th September 1.00 - 3.00pm

wellbeing difficulties.

Places are limited and must be pre-booked.

Rebecca.Welch@ne-as.org.uk © 0191 410 9974

Parents/carers only. You only need to attend one date for each course, they are repeat sessions.







Registered Charity No. 1028260

north east autism society













In The Dads!

We are a group for dads of children with SEND, based in the North East of England.

Here to support one another and find a place to meet other dads in a similar situation.

A place to talk, vent, moan, ask questions and to hopefully organise some meetings and some events to get together!







The Centre provides free training and information to support unpaid carers in North Tyneside.

The Decider Skills: Distress Tolerance and Mindfulness

Tuesday 9th July (1.00pm - 3.30pm)

John Willie Sams Centre, Market Street, Dudley, Cramlington, NE23 7HS

Positive, fun, easy to learn and winning strategies to improve your mental health using Cognitive Behaviour Therapy (CBT) and Dialectical Behaviour Therapy (DBT) skills. This session is about coping with carer stress and mindfulness skills.

An introduction to Reiki: Self-Healing Skills Session

Thursday 11th July 2024 (1.00pm - 3.00pm)

Whitley Bay Library, York Road, Whitley Bay, NE26 1AB

Join us for a session with Ocean Zen CIC to find out more about Reiki and how it can help to reduce stress, anxiety, emotional tension and relieve pain. You will learn some simple Japanese self-healing techniques for yourself, as well as your friends and family.

Healthy Boundaries for Mental Health Carers

Tuesday 16th July (1.00pm - 3.00pm)

Meadow Well Connected, Waterville Road, North Shields, NE29 6BA

These sessions are for carers who are supporting someone who has a mental health condition. You will learn how to support behaviour change and have an opportunity to meet and share experiences with other carers who understand.

To book a place:

Ring: 0191 249 6480

Email: training@ntcarers.co.uk







The Centre provides free training and information to support unpaid carers in North Tyneside.

Arranging and Paying for Care

Wednesday 24th July (1.00pm - 3.00pm)

White Swan Centre, Citadel East, Killingworth, NE12 6SS

Join us to learn about the support available to you, and the person you care for from adult social care, how to arrange support and the rules around funding care.

Communication Skills for Caring

Thursday 1st August (1.00pm - 3.00pm)

Wallsend Library, 1st Floor, Wallsend Customer First Centre, 16 The Forum, NE28 8JR

Caring with confidence can be a real challenge. This supportive and practical session will look at how to communicate with confidence to get the best outcomes for you and the person you care for.

Practical Power of Attorney

Thursday 8th August (1.00pm - 3.30pm)

The Cedarwood Trust, Avon Avenue, North Shields, NE29 7QT

Power of Attorney (POA) is a legal document where one person gives another person the right to make financial or medical decisions on their behalf. Are you, or the person you care for, considering POA? We will look at practical steps to make and register a POA and how to get help if you need it.

To book a place:

Ring: 0191 249 6480

Email: training@ntcarers.co.uk







The Centre provides free training and information to support unpaid carers in North Tyneside.

Infection Prevention & Control

Wednesday 21st August (1.00pm - 2.30pm)

The Oxford Centre, West Farm Avenue, Longbenton, NE12 8LT

We are excited to be joined by specialists from the NHS Infection Prevention Control (IPC) team. They will cover the measures we can take to protect ourselves and those we care for from infection and dehydration. It will also provide an opportunity to discuss any IPC issues you may encounter in your caring role.

Tax, Care and Estate Planning

Thursday 5th September (1.30pm - 3.00pm)

Wallsend Library, 1st Floor, Wallsend Customer First Centre, NE28 8JR

A talk by an expert from the Co-op's Legal Services Department, who will answer your questions about Inheritance Tax, Wills and estate planning, care fees and costs.

Adult Autism and Caring

Tuesday 10th September (1.00pm - 3.30pm)

North Shields Library, Northumberland Square, North Shields, NE30 1QU Join us for practical information about adult autism and the support available to you, and the person you care for, in health, social care, and employment.

To book a place: Ring: 0191 249 6480

Email: training@ntcarers.co.uk







The Centre provides free training and information to support unpaid carers in North Tyneside.

Understanding Anxiety & Depression

Wednesday 11th September (1.00pm - 3.00pm)

Whitley Bay Library, York Road, Whitley Bay, NE26 1AB

Carers are nearly three times more likely to be affected by stress, anxiety and depression than the general population. join us to learn about anxiety and depression as a physical illness, signs and symptoms and the steps we can take to recover from mental ill-health.

Getting Support In North Tyneside

Tuesday 17th September (1.00pm - 3.00pm)

The White Swan Centre, Citadel East, Killingworth, NE12 6SS

Caring doesn't come with a manual and it can be difficult to know where to turn to get the support you need. Join us to look at the key support services for carers and people with support needs in North Tyneside and nationally.

Menopause Online

Wednesday 25th September (1.00pm - 4.00pm)

Online Event - Microsoft Teams

The menopause can make caring an even greater challenge. Join us for an exclusive menopause mentor workshop with Barbour Coaching. Learn more about what is happening to bodies and minds, how to manage symptoms, and learn lots of tips to help put you back in control.

To book a place:

Ring: 0191 249 6480

Email: training@ntcarers.co.uk



More Info

Here to there

A FREE programme for people over 55.

Join us this summer for creative walks and workshops across North Tyneside



SUMMER 2024

Book a place www.helixarts.com info@helixarts.com 0191 241 4931





NORTH TYNESIDE

Various locations - see above







Stride Out to the Lighthouse



More Info



Saturday 20 July 2024 10.30am-2.30pm

A great day out for the whole family! Enjoy a scenic 10k walk from The Parks Sports Centre to St Mary's Lighthouse.

All six miles of your journey will be marshalled, making it a perfect event for the whole family to get involved, get some exercise and see our coastline in its glory. The walk can be done at a leisurely or brisk pace, to suit your ability or your mood on the day!

Once you reach the finish line there will be a few things to entertain including some healthy snacks, a steel band and a children's ride. Free buses will take participants back to The Parks.



The event is free but donations to
Tynemouth Volunteer
Live Brigade are welcome.



Scan the QR code or visit Eventbrite and search 'Stride Out To The Lighthouse' to register.

The closing date for pre-registration is Thursday 18 July, if you don't register in advance you can register the morning of the event.

www.activenorthtyneside.org.uk



North Tyneside Parent Carer Forum oc







More Info



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



North Tyneside Parent Carer Forum CIC. Company no. 12933992 Registered company in England & Wales



Group by North Tyneside Parent Carer Foru...

North Tyneside Parent Carer Forum - Closed Group >

Private group . 340 members



North Tyneside Parent Carer > Forum CIC

Page · Community organisation 1.5K likes • 1.9K followers

More Info

More Info



GREAT SUMMER



North Tyneside Parent Carer Forum cc