

Autumn Activities

Join Age UK North Tyneside and our amazing partners for unique, online talks and activities throughout autumn. To book your place, please call **0191 287 7012** or email Community.Development@ageuknorthtyneside.org.uk



Fit as a Fiddle

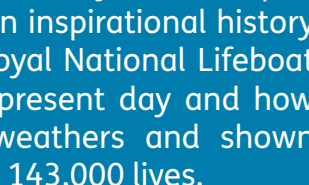
Every Thursday from 2nd to 16th September
3 classes available: 10am to 11am,
11.30am to 12.30 pm, or 2pm to 3pm
Cost: FREE

Gentle exercise both seated and standing on separate levels according to ability. Improving general fitness, strength, stability balance and cardiovascular health. Suitable for all levels of resilience and fitness. To book your place, call our Strength and Balance team on **0191 287 7015**.

More dates coming soon

Wooden Boats and Iron Men

Tuesday, 7th September
from 1pm to 2pm
Cost: £2.60

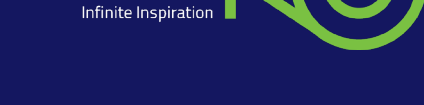


How tragedy, bravery and generosity have shaped the RNLI to what it is today. An inspirational history of lifesaving at sea and the Royal National Lifeboat Institution from 1790 to the present day and how volunteers have braved all weathers and shown immense courage to save over 143,000 lives.



Origins of the Universe

Tuesday, 14th September
from 1pm to 2pm
Cost: £2.60



Join us for a journey through space and time, out into the cosmos to unlock some of the mysteries our universe has to offer. From our solar system to the large-scale structure of the universe and on to the Big Bang, we will explore our current perceptions of it and the important discoveries made along the way.

This cosmic voyage gives an excellent understanding of the physical universe as a whole and address what it means to exist within it, in a way which is interesting and accessible to all.

Take Me up the Tyne

Thursday, 23rd September from 1pm to 2pm
Cost: £2.60

Explore the River Tyne from source to mouth, moving downstream encountering fascinating events from over the years and hearing of rivers legends on your journey until we reach the mouth of the Tyne.



Healthy Habits

Tuesday, 28th September from 10.30am to 11.30am
Cost: FREE

We all have the best intentions when it comes to improving our health but making positive life changes can be daunting. Join our Healthy Habits Coordinator Tom to learn more about easy changes to make to your diet, getting into an exercise routine, looking after your mental wellbeing and improving your overall health.

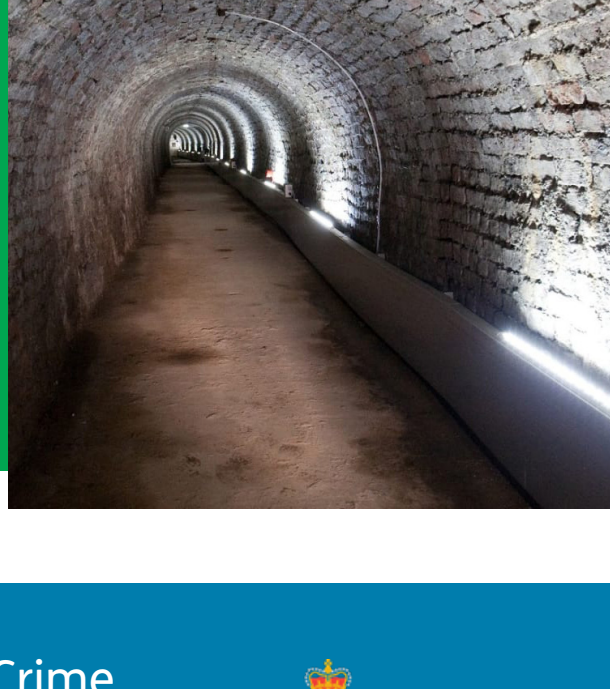
Find out more about our Health Habits programme and how our team can help you achieve your goals.

A Tour of the Victoria Tunnel

Tuesday, 5th October
from 1pm to 2pm
Cost: £2.60



Do you know about the secrets hidden under Newcastle's city streets? Go on your own journey of discovery and experience the Victoria Tunnel, without ever having to leave your seat! Led by volunteer Victoria Tunnel guide, Iain Kitt.



Cyber Crime

Tuesday, 12th October
from 1pm to 2pm
Cost: £2.60



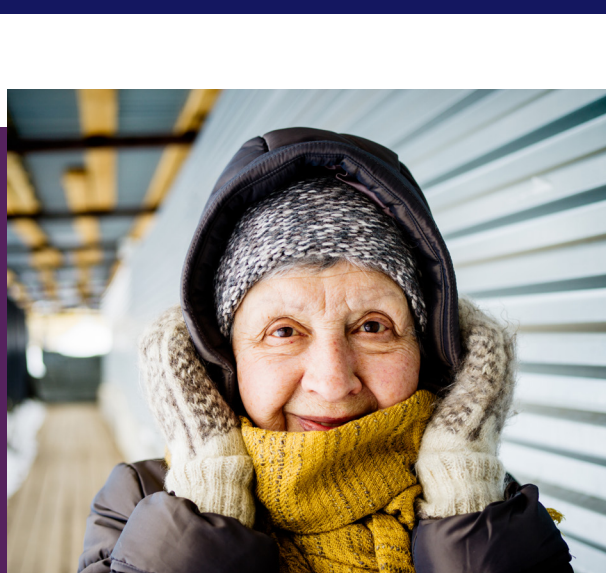
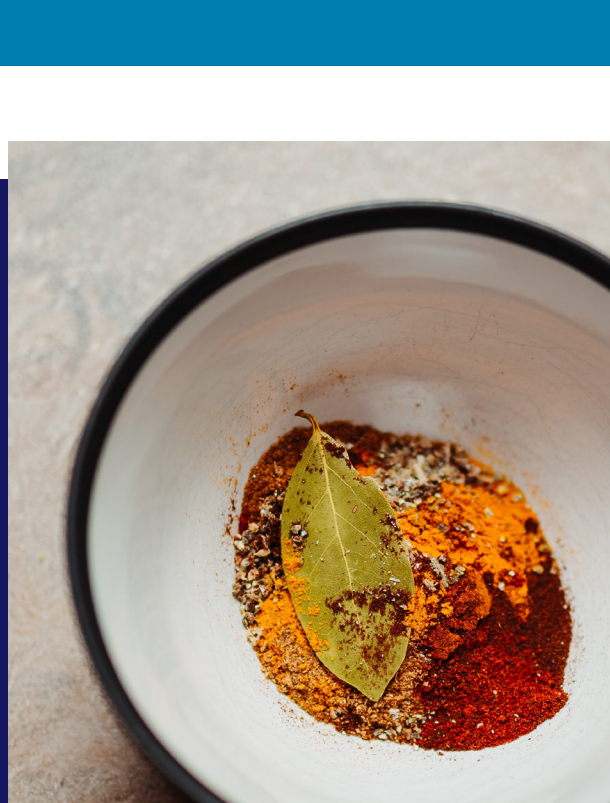
Phishing & Spoofing (this covers fake emails, texts, telephone calls and websites); Secure Passwords; Updating Software and Apps; Safe use of Public WiFi & VPNs; Backing up Data; Safe use of Social Media; Reporting a Cyber Crime; Latest Courier Scams.

A Little Spice to Life

Thursday, 21st October from 1pm to 2pm
Cost: £2.60

Join roving chef Alex from Vegetarian for Life for a series of cookery demonstrations. Alex is going to add a little spice to life with the first demonstration.

"Cooking at home means you can always use as much or little of your favourite spices to suit your taste. The courgette fritters are so easy to make and are great as a starter or even as a lighter lunch time treat. Korma, so I'm told, is the nations favourite curry. This one uses coconut milk giving it a creamy texture. And, to finish off these puff pastry tartlets are simply delicious, a firm favourite in my household."



Preparing for Winter

Tuesday, 26th October from 1pm to 2pm
Cost: FREE

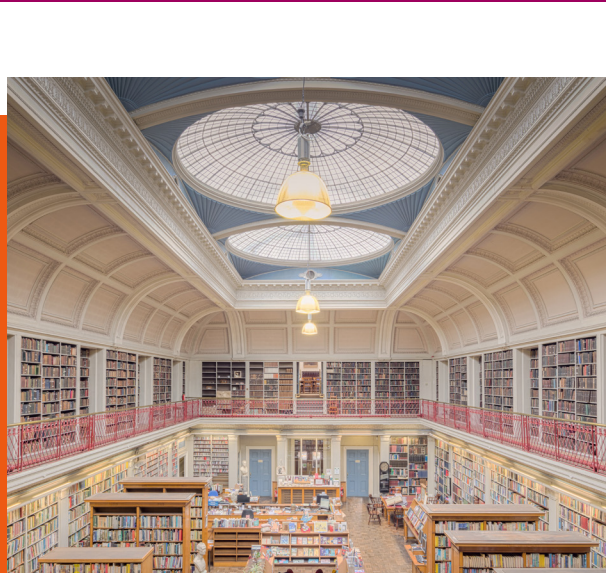


Phil Render (Green Doctor) and Lindsay Moorhouse (Age UK North Tyneside) will help you prepare for winter. Topics include Energy Advice, Switching, Pension Credit and Warm Homes Discount.

Cragside: Upstairs, Downstairs

Thursday, 4th November from 1pm to 2pm
Cost: £2.60

The story of Lord Armstrong and the development of his wonderful house and gardens at Cragside, and what it was like to be a servant there.



Behind the Doors at THE Lit & Phil

Tuesday, 9th November from 1pm to 2pm
Cost: £2.60

A glimpse into one of Newcastle's hidden gems, the Literary and Philological Society, with stories from the biggest private library outside London, some of its illustrious members and of the famous people who have visited here.

Warming Up for Winter

Tuesday, 16th November from 1pm to 2pm
Cost: £2.60

In the second cookery demonstration, Alex from Vegetarian for Life has a hearty beetroot soup, a filling pie and an indulgent sticky toffee pudding to finish off. You may need to loosen your belt.

"The beetroot soup has a vibrant colour and lovely earthy flavour. The pie, is great with new potatoes and steamed vegetables. But, to finish off the sticky toffee pudding will be the big winner. Made with dates and walnuts it has a sweet flavour and a great texture."



Making Buildings Work - Environmental Science

Tuesday, 23rd November from 1pm to 2pm
Cost: £2.60

How do we make our buildings work for people? Heating, lighting and fresh air and an increasing need for cooling are important to create healthy and usable buildings.

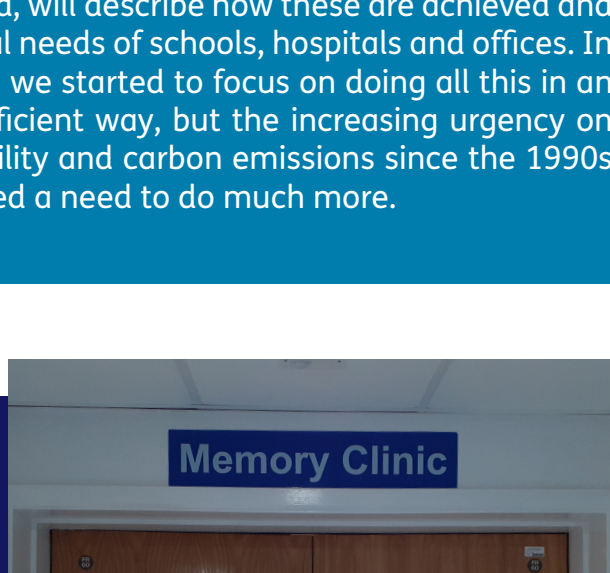
Gordon, a Northumbria University lecturer and expert in this field, will describe how these are achieved and the special needs of schools, hospitals and offices. In the 1970s we started to focus on doing all this in an energy efficient way, but the increasing urgency on sustainability and carbon emissions since the 1990s has created a need to do much more.



Dementia Services

Tuesday, 30th November from 1pm to 2pm
Cost: FREE

What is Dementia? Develop an understanding about the different types of dementia, including the signs and symptoms, from our Lead Admiral Nurse. Find out more about the ways in which Age UK North Tyneside's Dementia Connections team can support someone living with dementia and their family.



To find our more about any of these talks, or to book your place, please call us on **0191 287 7012** or email Community.Development@ageuknorthtyneside.org.uk.

Talks and activities from Age UK North Tyneside are free of charge, talks from partners will cost £2.60. Please check the event description to confirm the cost.