

## How to contact us



Our telephone number  
**0191 2808484**



Our e-mail and web address  
**enquiries@ageuknorthtyneside.org.uk**  
**www.ageuk.org.uk/northtyneside**



Our opening hours  
**8.30am to 4.30pm Monday to Friday**  
**Phone lines open until 5.00pm**



Age UK North Tyneside,  
Bradbury Centre, 13 Saville Street West,  
North Shields NE29 6QP



'Age UK North Tyneside'



@AgeUKNT



@AgeUKNT

## You can help us



Age UK North Tyneside is an independent charity that relies heavily on donations. Your donation will be gratefully received and used to improve the quality of life for older people.



Our volunteers are the backbone of our network. If you have time to spare, a skill to share or want to make new friends whilst helping a great cause, get in touch.



We can give you the tools and the support to help you fundraise for Age UK North Tyneside.



Each year, thousands of people campaign to improve the care, support and services people in later life receive.



# Love Later Life: Activities

Physical and social activities to improve health & wellbeing for older people in North Tyneside



## Yoga and Tai Chi



## Social Groups



## Keeping Fit

**You are advised to check levels of attendance to establish availability - call now on 0191 2877012.**

## Keep Fit

Enjoyable classes for people who want to be fitter or have been advised to exercise

<b>Battle Hill – Seated Exercise</b> Battle Hill Multi Use Centre, North Bray Close	Monday	11.00am to 13.00pm £1 Currently full - Please call prior to attending to check if available spaces
<b>North Shields - Seated Exercise</b> Linskill Centre, Linskill Terrace, North Shields	Thursday	10:30am to 11:30am £2.50
<b>Wallsend – Active for Life</b> Wallsend Customer First Centre, The Forum	Friday	9.30am to 10.30am £2.50
<b>Whitley Bay – Gentle Exercise</b> St Pauls Church Hall, Whitley Road	Thursday	2.00pm to 3.00pm £2.50
<b>West Moor – Gentle Circuits</b> West Moor Community Centre, Benton Lane	Tuesday	10.30am to 11.30am £2.50
<b>Wallsend – Zumba Gold</b> Wallsend Customer First Centre, The Forum	Friday	10.30am to 11.30am £3.00



## Men's Groups

Coffee....chat....newspapers...try out new activities...trips out.

<b>Wallsend</b> Cedar Grove Wellbeing Centre	Fortnightly on a Friday	12.00pm to 2.00pm £2.00
<b>Wideopen</b> Wideopen Library, Canterbury Way	1st and 3rd Tuesday of each month	10.00am to 12.00pm £2.00



## LGBT Groups

Social groups in North Tyneside for the over 50's LGBT community.

<b>Transgender Group</b> Whitley Bay	1st and 3rd Wednesday of each month	7.00pm to 9.00pm £2.00
<b>LGBT Group</b> Whitley Bay	Monthly	Time and location varies - please call for more information

## Reading Groups

<b>North Shields</b> Bradbury Centre, Saville Street West	3 <sup>rd</sup> Wednesday of each month	10.30am
<b>North Shields</b> Bradbury Centre, Saville Street West	3 <sup>rd</sup> Thursday of each month	1.45pm
<b>Whitley Bay</b> Whitley Bay Customer First Centre, York Road	2 <sup>nd</sup> Tuesday of each month	10.30am

## Women's Friendship Group

<b>Chirton</b> St Peter's Church Hall, Central Avenue	Thursday	11.30am to 2.00pm
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## Digital Inclusion

Age UK North Tyneside and 3 mobile North Shields will be hosting a series of IT help sessions.

The sessions will be held every Thursday at 10am starting on the 22nd March and will be at The Bradbury Centre, North Shields.

The weekly sessions will be a general IT drop where you can bring along your gadgets and receive support in relation to any queries you have. Once a month there will be a specific topic that the 3 mobile team will focus on for that week, including things such as; Phone Basics, Android Software, Apple Software, WhatsApp.

If you would like more information please call 0191 2877012, drop into the centre or send us an email.

## Tai Chi and Yoga

**Gentle exercise to strengthen muscles, improve circulation & posture, relax mind & body**

<b>Forest Hall – Yoga &amp; Relaxation</b> Springfield Community Centre	Wednesday	1.00pm to 2.00pm £2.50
<b>Longbenton – Tai Chi</b> Oxford Centre, Longbenton	Thursday	10.00am to 11.00am (Term time only) £4.00
<b>North Shields – Tai Chi</b> Christ Church Parish Centre	Wednesday	12pm to 1pm £3.00
<b>Wideopen - Tai Chi</b> St John's Church Hall, Canterbury Way	Monday	1.30pm to 2.30pm (Term time only) £5.00
<b>Whitley Bay – Tai Chi</b> Foxhunters Pavilion, Rake Lane	Monday	10.30am to 11.30am (Term time only) £2.00
<b>Willington Quay – Tai Chi</b> St Paul's Centre, George Street	Wednesday	10.30am to 11.30am (Term time only) £4.00
<b>Wallsend – Tai Chi</b> Wallsend Customer First Centre, The Forum	Monday	2.30pm to 3.30pm £3.00

## Walking and Strolling

Ask for our current programme of varied walks and strolls, held on the second and fourth Wednesday of each month.

## Line Dancing

**Come along and have a lot of fun!**

<b>Dudley</b> John Willie Sams Centre, Market Street	Tuesday	1.00pm to 2.30pm £2.50
<b>Killingworth (advanced)</b> White Swan Centre, Citadel East	Monday	1.30pm to 3.30pm £2.50
<b>Whitley Bay (Beginners/ Improvers)</b> Whitley Bay Baptist Church, Park Road	Friday	10.00am to 11.30am £3.00

## Tea Dances

**Everyone welcome**

<b>Wallsend</b> Trinity Methodist Church Hall, Station Road	Monday	1.00pm to 3.00pm £1.50
<b>North Shields</b> St Cuthbert's Parish Centre, Albion Road	Wednesday	1.30pm to 3.30pm £2.00

If you have any questions in relation to any of our groups and activities, or have ideas for new groups please contact our Community Services Team who will be happy to help.

Call us

**0191 2877012**

## Meals Out With Friends

A social activity group who organise regular monthly lunch time and evening meals with a ready made group of friends in enjoyable surroundings.

Ask for our current Lunch Bunch and Evening Eaters programme.

## Craft Groups

**Do you like needlework, knitting or other crafts?**

<b>Wideopen</b> Wideopen Library, Canterbury Way	Tuesday	10.00am to 12.00pm
<b>North Shields</b> Linskill Centre, Linskill Terrace	Tuesday	10.30am to 12.30pm 50p for refreshments
<b>Whitley Bay - Knit &amp; Natter</b> Whitley Bay Comrades Club, The Links	1 <sup>st</sup> and 3 <sup>rd</sup> Thursday of each month	10.00am to 12.00pm £2.00

## Cuppa Club

**Come along, buy a cuppa and have a chat.**

<b>Whitley Bay</b> Rendezvous Café, Duke's Walk Northern Promenade	Tuesday	2.00pm onwards
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