

# Spring into Summer

**Spring into Summer** is our fourth virtual activity programme. This seven week programme runs from **17<sup>th</sup> May to 2<sup>nd</sup> July** and features a range of physical and social activities to keep you entertained this summer. To sign up for any of our activities, call us on **0191 287 7012** or email us at **Community.Development@ageuknorthtyneside.org.uk**

## Weekly Events

Drop in just once, or become a regular! However often you join, these activities will help you build skills and gain knowledge to lead a more healthy and active life.

### Tai Chi

***Mondays at 1pm***

***Fridays at 2.30pm***

Tai chi relaxes the mind and body, helping to combat the stresses and strains of modern society. It gently tones and strengthens muscles. It also improves balance, posture and helps prevent falls. This can help older people with disabling health conditions. The class involves slow, relaxed, flowing, mindful movements, which makes it adaptable to many levels of health and fitness.

### Healthy Habits

***Thursdays at 12.30pm***

Join our Healthy Habits team for a series of talks covering a variety of topics, including mood, meditation and diet. There will even be some cooking demos!

### Keep Fit with Maureen

***Thursdays at 1pm***

A 45 minute dance and low impact keep fit class to suit all abilities. A fun class exercising to music and working to your own ability. Includes a short strength section using light hand weights, water bottles or flexi bands; finishing with a stretch and cool down.

## One-Off Events

Don't miss out! These events are one-off talks and activities with a range of guest speakers.

### Week 1 17<sup>th</sup> May to 21<sup>st</sup> May

#### Strange Tales and Ghostly Happenings

***Tuesday, 18<sup>th</sup> May at 1pm***

Be frightened yet amused by some unusual happenings in Northumbria over the years. Hear Geoff Hughes tell stories of strange incidents which allegedly have taken place in our own area including the ghosts of Chillingham Castle - the most haunted castle in Britain, strange happenings at Dunstanburgh Castle, Viking attacks on the North East, Explosion on the Town Moor, the background to the Blaydon Races, and the truth about Bobby Shafto.

#### Making Buildings Work - Environmental Science

***Thursday, 20<sup>th</sup> May at 10.30am***

How do we make our buildings work for people? Heating, lighting, fresh air and an increasing need for cooling are important to create healthy and usable buildings. Gordon Hudson 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. Gordon will describe historical buildings such as The Moot Hall, and some of the new leading examples of design in this field including the Sage Gateshead, the Core, Houghton le Spring health centre and local schools.

## Week 2 24<sup>th</sup> May to 28<sup>th</sup> May

### Take Me up the Tyne

**Tuesday, 25<sup>th</sup> May at 1pm**

Explore the River Tyne with Geoff Hughes, 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.

### Fire Safety in the Home

**Thursday, 27<sup>th</sup> May at 10.30am**

Rosemary Tarbit, Community Advocate with the Prevention and Education Department at Tyne and Wear Fire and Rescue Service, will deliver a fun and informative talk on fire safety. Rosemary will provide you with a range of hints and tips on keeping safe; how to minimise the risk of having a fire in the home and what to do in the event of a fire occurring.

## Week 3 31<sup>st</sup> May to 4<sup>th</sup> June



### Fire Rescue Service

**Tuesday, 1<sup>st</sup> June at 1pm**

Rosemary Tarbit, Community Advocate with the Prevention and Education Department at Tyne and Wear Fire and Rescue Service, will deliver another fun and informative talk but this time she will look at the rescue work that the fire service carries out. This could be anything from a road traffic collision, to being stuck in a lift and yes, even a cat up a tree!



### Bridges Over the Tyne

**Thursday, 3<sup>rd</sup> June at 10.30am**

Take a trip along the River Tyne exploring the bridges that have crossed the river from 1600s right through to the present day. Learn about those who designed them, built them and their famous history making many of them known world wide. Presentation and Information by Tyne and Wear Archives and Museums, Talk Delivered by Iain Kitt, Age UK North Tyneside Volunteer.

## Week 4 7<sup>th</sup> June to 11<sup>th</sup> June

### The Port of Blyth: Past, Present and Future

**Tuesday, 8<sup>th</sup> June at 1pm**

The River Blyth has seen port activity since 1138 and has been the focal point of industry in South East Northumberland ever since. Colin Bassam, Manager of Port Training Services, will look at its historical past, present day activities and the port's potential plans for the future. This illuminating talk will give you an insight into a local industry that has adapted and flourished, despite the many challenges it has faced over the centuries.

### Lands End to John o' Groats on a Bike!

**Thursday, 10<sup>th</sup> June at 10.30am**

Dot is an ex teacher, turned professional gardener; now retired. She learnt to ride a bicycle when approaching her 40<sup>th</sup> birthday and, to test out her new found skills, Dot took on the challenge of cycling from Lands End to John o' Groats!



**Week 5 14<sup>th</sup> June to 18<sup>th</sup> June**

**Non-Walking Tour of Newcastle**

**Tuesday, 15<sup>th</sup> June at 1pm**

The Non-Walking Tour is an activity which uses memories and images to map out the city of Newcastle by using historic landmarks and famous local people to tell the story of Newcastle Upon Tyne. Presentation and Information by Tyne and Wear Archives and Museums, Talk Delivered by Malcolm Stalker, Age UK North Tyneside Volunteer.



**NORTHUMBRIA POLICE**

**Northumbria Police: Cyber Crime**

**Thursday, 17<sup>th</sup> June at 10.30am**

Phishing & Spoofing (this covers fake emails, texts, telephone calls and websites); Secure Passwords; Updating Software and Apps; Safe use of public Wi-Fi & VPNs; Backing up Data; Safe use of Social Media; Reporting a Cyber Crime; Latest Courier Scams. Can you afford not to join this one?

**Week 6 21<sup>st</sup> June to 25<sup>th</sup> June**

**Cinemas of Tyneside**

**Tuesday, 22<sup>nd</sup> June at 1pm**

Many people have fond memories of going to the cinema. A lot of the buildings don't exist anymore, or have been converted into something else. Join me for a chat about the history of popular cinema buildings in Tyneside, cinema snacks and popular films or times gone by. Presentation and Information by Tyne and Wear Archives and Museums, Talk Delivered by Stephen Beveridge, Age UK North Tyneside Volunteer.



**Week 7 28<sup>th</sup> June to 2<sup>nd</sup> July**



**Co-op Legal Services Estate Planning: Tax, Care & Toy Boys!**  
**Tuesday, 29<sup>th</sup> June at 1pm**

A Financial Adviser from the Co-op Legal Services will offer impartial advice on a range of issues including: Lasting Powers of Attorney and Inheritance Tax; explaining steps that can be taken to plan for the future. The talk will last approximately 30 minutes and will be followed by a question and answer session.



**CPS: Community Conversation**  
**Thursday, 1<sup>st</sup> July at 10.30am**

An opportunity to meet with senior lawyers and the Communities Manager from the North East Crown Prosecution Service; to learn more about the role of the CPS within our region. This is an exciting opportunity to find out more about the CPS and put forward your questions about areas of interest, or perhaps of concern to you.