

WALKING FOOTBALL

NORTH TYNESIDE

EVERY MONDAY

The Lakeside Centre, Killingworth

2.00pm - 3.00pm

Royal Quays, North Shields

7.00pm - 8.00pm

EVERY WEDNESDAY

The Parks, North Shields

2.30pm - 3.30pm

Foxhunters, North Shields

7.00pm - 8.00pm

EVERY THURSDAY

Hadrian Leisure Centre, Wallsend

6.30pm - 8.00pm



CONTACT: Ashley.Lowe@nufc.co.uk

AGE UK: 0191 287 7027

www.nufoundation.org.uk

Registered Charity Number: 1124894

