

AGE TAKES CENTRE STAGE OCTOBER 2018 FESTIVAL PROGRAMME

**A month long festival showcasing events and activities
for people aged 50+ in North Tyneside.**



Age UK North Tyneside



@AgeUKNT



@AgeUKNT

Charity number - 1049527

Supported by



Welcome to the Age Takes Centre Stage festival - an annual event in North Tyneside's calendar. This year presented by Age UK North Tyneside.

This is the festival's 23rd year, with a month-long October programme of events and activities exclusively for residents aged 50 and over.

As part of this year's Age Takes Centre Stage festival we are launching the Age Takes Centre Stage People's Awards on board the DFDS ferry to celebrate the achievements of local people aged 50+ living and working in North Tyneside. These awards are designed to recognise the accomplishments and contributions of local people in line with the '5 Ways to Wellbeing' and celebrate the ways in which local, older people are making more of life. Nomination forms have been collected from across the borough. Look out in the local press for our winners.

Thank you to all the local groups and organisations that are participating in the programme this year and reaching out to new members. Together we can help to address the isolation and loneliness for many that can be hidden behind closed doors. We hope that over the following pages you'll find inspiration to have a go at something new, meet new people and - most importantly - have fun!




Alma Caldwell
Chief Executive,
Age UK North Tyneside

Sugar Paste Workshop
Wednesday 10th October,
10am-12pm

**The Bradbury Centre,
Saville Street West,
North Shields, NE29 6QP**
£5 - Booking essential – only 8
places available, call 0191 2877012



An introductory workshop on modelling with sugar paste with professional baker and cake decorator Katherine, from Katherine's Celebration Cakes.

Cupcake Decorating Workshop

Tuesday 23rd October, 10am-12pm
**The Bradbury Centre, Saville Street
West, North Shields, NE29 6QP**
£5 - Booking essential – only 8
places available, call 0191 2877012

Cupcake decorating workshop with professional baker and cake decorator Katherine, from Katherine's Celebration Cakes.

Scam and Crime Prevention

Tuesday 23rd October, 10:30am-
3:30pm. **The Oxford Centre,
Longbenton.**
Free - No booking required

Age UK, North Tyneside Safe and Healthy Homes Team, Trading Standards, SHARK and the Police, will be hosting a Crime prevention event. Come along and talk to the team, seek advice, helpful hints and tips and ask us any questions about keeping yourself and your property safe.

Friendship Group

Thursday 11th October at 11:30am
**Wideopen Library, 101 Canterbury
Way, Wideopen, NE13 6JJ**
£1 - No booking required
Any queries call 07974184813
(Kirsty)

Come help us celebrate our 1st Birthday. We meet fortnightly, enjoy each others company and have a natter, lunches out and visit places of interest. We would love to welcome new members to the group.



Love Later Life Activities

The following activities provided by Age UK North Tyneside will be **FREE** to attend during the week of **Monday 15th to Friday 19th October**.

Monday 15th

Seated Exercise - Battle Hill Multi Use Centre, North Bray Close, 11.00am to 13.00pm

Tai Chi - Foxhunters Pavilion, Rake Lane, 10.30am to 11.30am

Tai Chi - Wallsend Customer First Centre, The Forum, 2.30pm to 3.30pm

Line Dance - White Swan Centre, Citadel East, 1.30pm to 3.30pm

Tea Dance - Trinity Methodist Church Hall, Station Road, 1.00pm to 3.00pm
Fancy dress - Days Gone By (not compulsory)

Tuesday 16th

Gentle Circuits - West Moor Community Centre, Benton Lane, 10.30am to 11.30am
Fancy dress - Bring a hat! What will you wear? (not compulsory)

Men's Group - Wideopen Library, Canterbury Way, 10.00am to 12.00pm

Line Dance - John Willie Sams Centre, Market Street, 1.00pm to 2.30pm

Wednesday 17th

Transgender Group - Whitley Bay, 7.00pm to 9.00pm

Yoga & Relaxation - Springfield Community Centre, 1.00pm to 2.00pm

Tai Chi - Christ Church Parish Centre, North Shields, 12pm to 1pm

Tea Dance - St Cuthbert's Parish Centre, Albion Road, 1.30pm to 3.30pm
Fancy dress - Days of Yesteryear (not compulsory)

Thursday 18th

Gentle Exercise - St Pauls Church Hall, Whitley Road, 2.00pm to 3.00pm

Tai Chi - Oxford Centre, Longbenton, 10.00am to 11.00am

Friday 19th

Active for Life - Wallsend Customer First Centre, The Forum, 9.30am to 10.30am

Line Dance - Foxhunters Pavilion, Rake Lane, 10.00am to 11.30am

We also run many other regular activities not included in this promotion (charges vary) such as:

Walking and Strolling

Cuppa Club

Reading Groups

LGBT+ Group

Meals Out with Friends

Knit & Natter

Crochet and a Cuppa

Wallsend Men's Group - Drumming Workshop, Friday 26th October, Cedar Grove Wellbeing Centre, Wallsend, 12pm to 2pm, £2

For more information about any of our groups and activities please call 0191 2877012 or visit www.ageuk.org.uk/northtyneside/



All of the following events will be held at The Linskill Centre, Linskill Terrace, North Shields, NE30 2AY

For further information about any of these events please call 0191 2578000 or email charlotte@linskill.org

The Scribblers

Mondays 1, 8, 15, 22 and 29th October. 10.30am to 12 noon. £1.50 - No booking required

A creative writing group who write together and share their stories and memories. If you enjoy words and writing and would like some help to get things onto paper then please come along.

Film Club

Wednesday 3rd October, 1pm prompt Free - Booking essential

Finding Your Feet starring Imelda Staunton and many well known British actors is a romantic comedy sure to put a smile on your face

The Woolies

Wednesdays 3, 10, 17, 24, 31st October. 10am to 12 noon. Free - Booking required

Bring along your woollen projects for a knit and a knatter, or try one of our charity patterns.

National Poetry Day

Thursday 4th October, 11am to 1pm. £3 - Booking not necessary

Visit the Linskill Centre and enter the poetry trail – Readings by local poet Harry Gallagher. Includes refreshments.

Digital Champions

Thursdays 4, 11, 18 and 25th October, 10am to 12 noon Free - No booking necessary

Digital Champions is a volunteer led drop in session to help people with their phone, tablet or laptop queries. Volunteers help people to get online, use the internet, email and any number of computer queries.

Tai Chi

Fridays 5, 12, 19, 26th October, 10am to 11am £3 - Booking required

Lead by experienced tutor Dave Robinson, everyone welcome from beginners to experts.

Safety in the Home

Tuesday 9th October, 1pm to 2pm Free - Booking essential

Informative coffee morning with Tyne and Wear Fire Rescue.

Christmas Sugar Craft

Thursday 18th October, 1pm to 3pm £3 - Booking not necessary

An introduction to sugar craft and all its uses – perfect for beginners...come and play!

Page Turners

Tuesday 30th October, 1pm to 2pm Free - Booking essential

For those who love to read and dissect the plot and characters!

The following activities are all provided by North Tyneside Council.

Archery

Every Thursday, 11:45-12:45 at John Willie Sams Centre, Dudley £3 - Booking is advisable, call 0191 643 7447

Tennis

Every Monday, 1pm at Blue Flames Sporting Club, NE12 9SF £3 - Booking is advisable, call 0191 643 7447

Sculpt and Tone

Every Wednesday, 12pm at Waves, The Links, NE26 1TQ (0191 6432600) Free - No booking required

A gentle exercise to give you an all over body workout.

Walking Football

Every Wednesday, 2:30pm – 3:30pm at The Parks, North Shields

Every Thursday, 6:30pm – 8pm Thursday at Hadrian Park Leisure Centre Free - Booking is advisable, call 0191 643 7447

An adaption to football with no less skill just at walking pace. Smaller sized pitches perfect for 6 a side.

Health Walks

North Tyneside Health Walks, led by qualified walk leaders are a great way to explore new places. Suitable for all abilities.

A wide programme of Healthy Walks is available. For dates, times and locations please contact Active North Tyneside on

active@northtyneside.gov.uk

'No Strings' Badminton free taster session

Every Wednesday in October, 6:30-8pm at Hadrian Leisure centre, St Peters Road, Wallsend, NE28 7LQ Free - Booking required - call 0191 643 2025 Places first come first served, A person can only book one free place during the month of October.

Every Tuesday in October, 6:30pm-8pm at The Lakeside Centre, Southgate, Killingworth, NE12 6SA (0191 643 4177) Free - No booking necessary

Wednesday 3rd/10th/17th only 10.30am-11.30am at Howdon Road, North Shields, NE29 6TL (0191 6432700) Free - No booking necessary

A great social way to enjoy the sport. Ideal for new starters with support on hand.

Whitley Bay Mini Golf and Footgolf - Buy one Get One Free!

Every Saturday and Sunday in October at Whitley Bay Mini Golf and Footgolf, The Links, Whitley Bay NE26 1TQ.

Further information can be found on www.sportnorthtyneside.gov.uk

Charges vary depending on activity - No booking required

Bring a friend along for free! Reference Age Takes centre Stage when you make your booking.

Friday adult swimming lesson

Every Friday, 11.30am at Waves, The Links, NE261TQ. (0191 6432600) Free - Drop in 30 minute swimming lesson (limited spaces and term time only)

Swimming Lesson taster session

Tuesday's 9th, 16th and 23rd October
11.30-12pm

Hadrian Leisure centre, St Peters
Road, Wallsend, NE28 7LQ

Free - Booking required, call
0191 643 2025. *Places given on first
come first served basis, only 1 booking
per person.*

A free swimming lesson with a qualified
swimming teacher. It could be your first
time at the pool or time with a
swimming teacher

Swim and Spa

Every Tuesday and Thursday,
9:30am -2:00pm at Tynemouth Pool
(0191 6432900)

Every Wednesday at Waves, The
Links, Whitley Bay, NE26 1TQ
(01916432600)

Free

Use of swimming pool and spa
including Jacuzzi, steam room, sauna,
salt room, hot beds and foot baths
(venue dependent)

Climbing Wall taster session

Saturday 13th and 20th October,
1pm-2pm at Hadrian Leisure centre,
St Peters Road, Wallsend, NE28 7LQ

Free - Booking required, call
0191 643 2025. *Places given on first
come first served basis, only 1 booking
per person.*

A free taster on the climbing wall – its
never too late to try - an instructor will
be on hand to run through the safety
and climbing tips



North Tyneside Council

And there's more

Open Floor Session

Friday 12th October, 3pm-4:30pm
Jarretts Coffee Shop, Bradbury
Centre, Saville Street West, North
Shields

Free - no booking required

Take to the Floor: open floor spoken
word event. Calling all writers! Join
hosts Elaine Cusack and Sandy
Chadwin for an "Open Floor" afternoon
in Jarretts. Come along as an audience
member and/or sign up on the day to
read out your work in front of a friendly
crowd. Poems, stories and comedy
routines lasting three to five minutes
welcomed.

Jo Jingles Intergenerational session

Monday 8 October,
1.30 to 2.30pm at
Crossgates, Hadrian
Park

£3 - Booking essential – 07503919452
or email
lindsayjojingles@yahoo.co.uk

Music and movement session for
babies and preschool children.
Followed by refreshments and chat/
mingle

KalmaBaby

Tuesday 2nd October, 9:45-10:30am
Rowan Croft Wellbeing Centre,
Killingworth, NE12 6HT

£4 - booking required - 07710970589
or www.kalmababy.co.uk/
northtyneside

A baby/toddler yoga class bringing the
young and elderly together to enjoy
yoga inspired moves practiced along to
music, songs and rhymes. Light
refreshments and a chance to socialise,
play and chat.

Getting you Online to access Offline Community Activities

Every Tuesday from 12.00pm
until 7.30pm at 198-200 Park View,
Whitley Bay, NE27 3PQ (0191 4661667)
Free - No booking required

Increase your awareness and confidence
of using internet-based, socially essential
services to find out what's on near you,
while learning through active community
reporting programme.



Cream Tea and Memories

Wednesday 17th October at
2:30pm at Cedarwood Trust,
Avon Avenue, Meadow Well,
North Shields. NE29 7QT
Free - Booking required - call
0191 2590245

Join us for a cream tea incorporating
memories and music of North Tyneside.



60's Sing Along

Wednesday 17th October, 1:30pm-
2:30pm at St Pauls Centre, George
Street, Willington Quay, NE28 6SL,
(0191 2802594)
£1 - No booking required

St Paul's Friendship Group - Come along
and join in all your old-time favourites.

Fisherman's Mission Ladies Luncheon Club

Tuesday 2nd October
2018, please arrive at
12.45 for 1.00pm start
Low Lights Heritage Centre, Fish Quay,
North Shields



Fish and Chip Lunch with guest speaker
from The Co-op Estate Planning - 'Tax
care and Toy Boys'.

The North Tyneside Writers'

Saturday 20th October 10am to
midday. North Shields Customer First
Centre (upstairs), Northumberland
Place, North Shields NE30 1QU (07798
645 459 or email
theenextpage@outlook.com)
Free - No booking required

Open to writers of all ages and abilities.
October's session features guest
speaker Rod Glenn who will talk about
his career as writer, actor and
publisher. The session will also feature a
mix of literary news and writing prompts.

Walking Sports

Every Friday
throughout October 2pm-3pm, The
Parks North Shields. Any queries call
0191 2877027
Free - no booking required

A fun range of gentle sports to play within
a group. A great way to exercise and
meet new people!



Eco Friendly Comfy Cuppa Club

Friday 5th October 1pm to 3pm, North
Shields Customer First Centre,
Northumberland Place, North Shields,
NE30 1QU
Free - No booking required

Come along and find out how you can
help save our marine life from plastic
pollution by learning how to make simple
switches to more sustainable
alternatives. Will you be lucky enough to
win one of three 'Plastic Free' survival
kits?

For more information about any of the
events listed please use the contact
details provided for each event.

We hope you enjoy this year's Age
Takes Centre Stage programme of
events and activities presented by
Age UK North Tyneside.

The Great Tyneside Bake Off

Tuesday 30th October, 2pm-4pm

The Bradbury Centre, Saville Street West,
North Shields

Unusual Flavour

Tray-bake

Savoury

Showstopper

£3 per baking entry (no booking required)
For more information call 0191 2877012 or
visit www.ageuk.org.uk/northtyneside/



#seniorselfie



TURN ON THE FILTERS

GET THE GRANDKIDS

INVOLVED

AND START SNAPPING!

A project for all the family

Age UK North Tyneside would love to
see your selfies with those who have a
special meaning to you!

Submit your #seniorselfie to:
volunteer@ageuknorthtyneside.org.uk



Age UK North Tyneside

Pay It Forward

and donate a difference



Last year our Age UK North Tyneside's
Information & Advice Team supported local
residents to receive over £1m worth of
unclaimed benefits.

Can you 'pay it forward' to ensure that our
vital Information & Advice continues to
deliver the fantastic results that it does for
our North Tyneside customers accessing the
service?

Please ask us how you can 'pay it forward'
Tel: 0191 2808484