










Newcastle Learning Disability Team : Social / Leisure Opportunities Booklet

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Keeping Healthy and Well :



Lucky Stars

A multisports club for people of all ages with disabilities. Offers a wide range of activities, indoor and outdoor - football, basketbal, new age kurling, table tennis, badminton, boccia, trampolining, fitness suite, bouncy castle, gymnastics, cricket, softball, judo, exercise to music, skittles, darts and athletics, as well as day trips out. Extra facilities include IFI accredited fitness suite, induction loop, overhead trampoline hoist and accessibility steps.

Objectives:

Aims to provide people with disabilities the opportunity to participate in sport in a safe, fun and friendly environment . **The cost is £3.00 per session.**

Ray Cook,
Benfield Centre for Sporting Excellence, Benfield Road,
Walkergate, Newcastle-upon-Tyne,
Tyne and Wear
NE6 4NU
Tel: 0191 275 9009
Email: raymond.cook@benfield.newcastle.sch.uk

Green Gym:

The Green Gym was established in 1997 and now operates at various locations throughout the UK. The benefits of participating in Green Gym can have a number of positive effects on your physical and mental wellbeing.

- Improves cardiovascular fitness, reducing the risk of heart disease and stroke.
- Improves muscular strength, leading to improved balance.
- Is a good way to socialise and make new friends.
- Helps to relieve stress and anxiety by working outdoors in contact with nature.



- Has a range of activities that allows you to exercise at a level to suit your capabilities.
- Can help build your confidence through learning new skills.
- Participants claim a sense of satisfaction and often continue their work in the community by volunteering for local conservation groups.

Monday 1pm-3.30pm at Walker Park.
Tuesday 10am-12pm at Iris Brickfields.
Wednesday 10am – 12.30pm at Leazes Park (over 50s)

For more information call Alene Jauncey who is the Health Walk and Green Gym Co-ordinator on 07515922271

or:

Groundwork South Tyneside & Newcastle

Head Office

The Eco Centre
Windmill Way
Hebburn
Tyne & wear
NE31 1SR

Tel: (0191) 428 1144

Fax: (0191) 428 1155

Email: enquiries@groundwork-stan.org.uk



Gardening Group :

Nuns Moor Park

Session involves light gardening and is available all year round, weather permitting.

Disabled parking available.

Fortnightly on Wednesdays: 10.00 - 12.00

Free for participants and carers.

Tony Robson

Nuns Moor Park
Fenham
Newcastle Upon Tyne
Tyne and Wear
NE4 5PA

Tel: Mobile 07817765891



Newburn Activity Centre

Stuck for something to do on a Sunday? Want to make more of your weekend?

Why not join our new 'Inclusive Family Cycling Group' at Newburn Activity Centre?

These sessions are both indoor and outdoor, and include led rides.

You don't even need your own bike! Bikes and helmets are supplied but feel free to bring your own if you have them.

Sessions takes place on Sundays 1pm - 3pm, and are for ages 8+. **Cost is £1.50 - parents and carers come FREE.**

Session dates are: 13th May, 27th May, 3rd June, 17th June, 1st July (outdoors), 8th July, 22nd July, 5th Aug, 19th Aug, and 2nd Sept.

Drop in

Every Tuesday and Friday from 10am until 1pm accessible sports activities for people with disabilities. Specialised bikes, Trampolines with hoist access, Sensory room, Archery, Fitness room and much more.

Cost £3.50 with free access for carers.

Sensory room

Am excellent interactive room that will help to develop skills as well as providing a calming environment. Room suitable for individuals or up to four users at a time.

Regular session can be blocked booked.

Neil Curry

Newburn Activity Centre
Newburn
Newcastle Upon Tyne
Tyne and Wear
NE15 8ND

Tel: 07771 555 978



Gateway wheelers

A Small North East cycling club, for disabled persons of all ages, that provides cycling facilities, events, time trials and competitions. Our members come from all over the north east, to events that take place in picturesque parts of Tyne and Wear valley and a rural area near yarm in Teeside.

Contact Name: Jessie Gebhard

Postal Address: Bullion Hall, Bullion Lane, Chester Le Street, County Durham [DH2 2ES](#)

Telephone: 0791 3905422 | **Mobile:** 07913 905422

Main Website Address: www.gatewaywheelers.org.uk



East End Disabled Swimming Club

East End Pool

The pool is secluded and accessible with a hoist if required and also has staggered stairs for easy access.

Helpful & qualified staff are on hand at all times to assist.

Sessions take place on a Wednesday from 19.30 - 21.00.

East End Pool Reception

East End Pool
Hadrian Square
Byker
Newcastle Upon Tyne

Tyne and Wear
NE6 1AL

Tel: 0191 278 8444



Family Disability Swimming Session

Elswick Pool

Inclusive and accessible session - staff supervised open swimming for families to enjoy together.

Every Friday from 6.30pm - 7.30pm.

FREE for Newcastle residents.

Disabled parking available.

Please get in touch for more info.

Annie Holmes

Elswick Pool
Beech Grove Road
Newcastle Upon Tyne
Tyne and Wear
NE4 6SQ

Tel: 0191 277 3456



Walbottle Rhinos

Walbottle Campus

Walbottle Rhinos is a club for people with a learning disability who want to play football.

We are a friendly club and our officials are CRB checked and are qualified coaches.

Participants aged 13 or over can train, with over 16's able to play in the league

Disabled parking available.

Training every Wednesday from 18.00 - 20.00.

Cost: £3.00 per player (carers do not pay).

David Milne

Walbottle Campus
Hexham Road
Walbottle
Newcastle Upon Tyne
Tyne and Wear
NE15 9TP

Tel: 0191 241 4319



Kenton Park Rebound Trampoline Session

Kenton Park Sports Centre

An open trampoline session for people with disabilities. A great opportunity to practice and learn new moves with a fully qualified Rebound Coach.

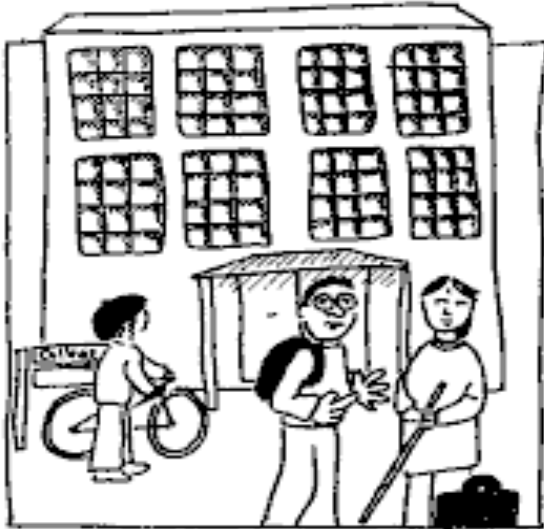
Every Monday: 13.00 - 14.00

Costs: £1.90 (carers do not pay).

Kenton Park Sports Centre
Anfield Road
Kenton
Newcastle upon Tyne
Tyne and Wear
NE3 3LL

Tel: 0191 271 5143

Evening Social Groups :



Krokodile Club:

Clubbing, dancing and listening to music and DJ's. There is a chill--out room and a bar.

Friday evenings, Usually the last Friday of every month but check.
7.00 p.m. - 11.00 p.m.

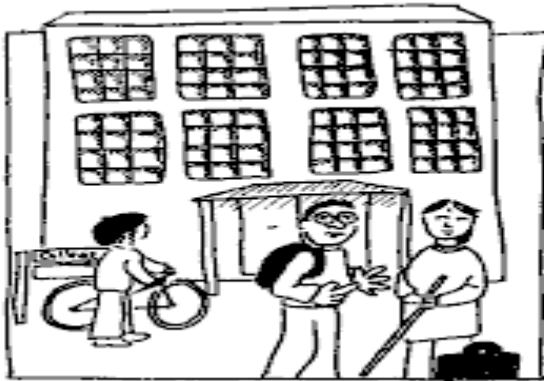
Contact Belinda on (0191) 478 9200.

It is in two places - one month it is at the Sage on the Quayside, then the next month it is at the Caedmon Hall.

The Sage is the big building with the glass roof near the Millennium Bridge. You can get the bright yellow bus Q1 from Newcastle Central Station. It stops outside the Sage.

The Caedmon Hall is at Gateshead Central Library, Prince Consort Road, Gateshead, It is quite difficult to find on your own. You can catch buses 722, 723, 724, 231, 709 or 728 from Eldon Square or 21, 24, 25 or 27 from outside the old Odeon Cinema. You will have to walk a little way to the library.

Contact Belinda on (0191) 478 9200.



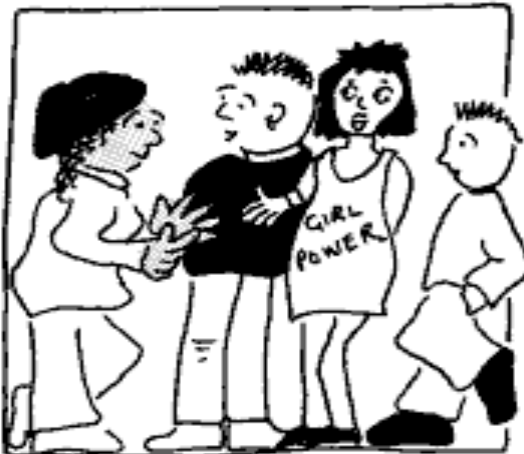
C'mon In (Gateway) –Benton.

Monday. 6.00 p.m - 8.30 p.m. Ages 30 to 70.

National Federation of Gateway Clubs

Gateway is essentially a youth organisation for people with learning difficulties concerned with self development through social activities. There are currently 700 clubs affiliated to the Federation, offering a wide range of social and leisure activities.

info@mencap.org.uk



Fresh disco

The Fresh nightclub at World Headquarters, first Tuesday of every month (except August) from 7.00pm to 11.00 pm. More detail from Fresh Events - see Facebook

Contact details

Interactive Development

Paul Bagnall

3rd Floor Benton House

Sandyford Road


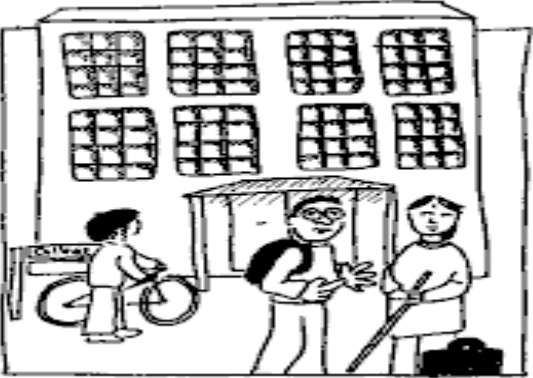
Jesmond

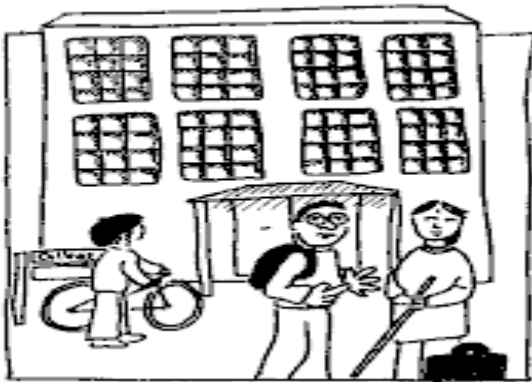
Newcastle upon Tyne

NE2 1QE

Telephone : 0191 230 30 90

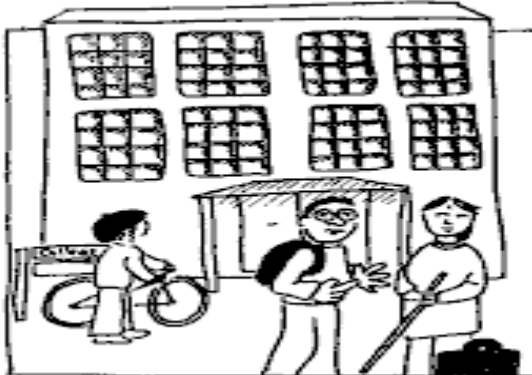
Fax : 0191 230 30 92

	<p>Pub Night at the Goose</p> <p>Every Tuesday 7.00p.m - 10.00 p.m. Goose Pub, Percy Street. A night to meet your friends.</p>
	<p>Millenium Club</p> <p>Wednesdays. 6.30 p.m.- 9.00 p.m.(Once a month) Cornerstone Project, Armstrong Road, Benwell. For people from the Benwell/Scotswood/ Elswick/Fenham areas. Contact Denise Scott on (0191) 2260941</p>



West Denton Thursday Club

6.30 p.m.- 9.00 p.m. West Denton Association over 25's only.
Contact Becca on 267 4242



Peter Pan Club.

Tuesdays. (Also on Thursdays). 7.00 P.M. .- 9.00 p.m.
4, West Ave., Gosforth. Telephone (0191) 236 2155.
Any age welcome.

Traditional Day Services :



Day Service / Centre : Blue door Projects –

The blue door project is an independent social care organisation supporting adults with learning disabilities. They provide positive and purposeful skills training through structured daytime courses and activities.

Referrals can be made via phone or email via a social worker , parent , residential worker or self-referral :

Email : bluedoorproject@btinternet.com

Website : www.thebluedoorproject.co.uk

Contact details : Abbey House, Hadrian Road
Wallsend, Tyne & Wear NE28 6HH
Telephone: 0191 234 3100

and

22 Riverside Studios
Amethyst Road, Newcastle-upon-Tyne NE4 7YL

Telephone: 0191 272 0225



Day Service / Centre : Northumbria Daybreak :

Situated at ouseburn valley , Newcastle .

Provides : pc suite for training , service users run the nearby café at Stepney banks stables , produces a magazine in house by service users , the local community is accessed and people take part in swimming , drama , dancing , sport and cultural activities. The reception area is staffed by service-users who are trained in reception duties and telephone skills.

Contact :

Northumbria Daybreak

Arch 3

Stepney Bank

Ouseburn

Newcastle upon Tyne

NE1 2NP.

0191 230 5103



Day Service : Able2

Person can look around and choose activities that may interest them so they can create timetable.

Contact : Marie Watts

0191 2381300



Day Service : Alan Shearer Centre:

Live and Learn sessions take place on Tuesdays and Fridays from 10.30am till 3.00pm, and are priced at just £20. Lunch and refreshments are available in Browne's cafe.

The popular Wednesday cookery session, priced at £10, starts at 10.30am and lasts an hour to an hour and a half, depending on what is being cooked.

Members pay at least one week in advance on a rolling basis and booking is essential as availability is limited and demand is high. For more information and to book your place, please contact the Activity Centre's Manager, Maxine Pearson, on 0191 2678118.

Alan Shearer Centre West Denton Hall
West Denton
Newcastle upon Tyne
NE15 7LT



Day Service : Self Unlimited.

Self Unlimited provides a range of support services for people with learning disabilities including 24 hour help, residential, domiciliary and supported living services and employment services. Can also offer day activity opportunities including drama, music or pottery and training in areas such as catering, gardening and computer skills.

Self Unlimited - North East

North Road ,
Ponteland , Newcastle upon Tyne,
Tyne and Wear
NE20 0BW
Tel: 01661 860333
Fax: 01661 821830
Email: northeast@selfunlimited.co.uk



The Hub

We aim to provide learning-disabled people (initially those resident in Newcastle), with opportunities to Take part in a wide range of arts and cultural activity

Find out what's available to take part in

Have a choice of arts and cultural activity to take part in

Influence and inform the arts and cultural sector

Establish and control arts and cultural activity for themselves and other learning disabled people

Take part in arts activity on an inclusive and equal basis

Discover their authentic voice, their talent and develop and express these

Participate as independently as possible in arts and cultural activity

Develop a lifelong interest in the arts and culture
Consider the arts as a professional career option

Prices

The HUB aims to provide Learning Disabled People with a range of cultural alternatives to the standard model of day services at a competitive price. The cost of purchasing a service from the HUB will vary and will depend on the activity chosen and the level of support required.

The daily fee starts at £45 per day. The fee for half a day starts at £32.. This includes the activity, transport, facilitation, materials, personal assistance and overheads such as administration and safeguarding costs. A detailed breakdown of charges will be available for each project.

Call Us. Our freephone number is: 0800 145 5345 (mobile charges apply)

Day Activities :



SIGN: day service/ gardening project.

Summary:

Community Gardening project for people with disabilities to use. Greenhouses, raised beds and tools are available. This project could suit all ages and focus upon improving confidence and social interaction.

Objectives:

To assist those with disabilities improve on confidence and social abilities through the use of horticulture.

Brenda Cawton, Manager,
The Whinnies, Gateshead Road,
Sunniside, Newcastle upon Tyne,
Tyne and Wear
NE16 5LG

Tel: 0191 4960418

Fax: 0191 4960418

Email: thewhinnies@c-i-c.co.uk



Lightfoot Centre :

Multi sensory room :

Available to book Monday to Friday from 9am-9pm Saturday & Sunday 9am-4pm

Walker Activity Dome
Walker Activity Dome
Wharrier Street
Newcastle Upon Tyne
Tyne and Wear
NE6 3BR
Tel: 0191 278 2800



The corner club

is a club run by volunteers for people with learning and/or physical disabilities. It takes place on the 1st and 3rd Friday of the month from 7:15 pm at St Andrews Church in Benton and is very close to the metro station. Organisers do have transport but this is full at present. Membership is around 20 people and they are wanting to enlarge this number. Fees paid per week to attend is 50p (£1 if using transport provided by them). They arrange lots of different activities each week including crafts, snooker, chat and coffee ect, they also have a basic English course running and provide basic budgeting courses. They have access to computers where members can learn how to use computer. The group is currently trying to raise funds to buy cameras as some members have expressed interest in photography. It is very much member led, it is for over 16's and the general age of people attending is around 40 - 50 years. They have been running for over 20 years so they are very much well established. As well as activities within the Church, annual events are also organised. Please contact Moira Simpson on 2663553 or email m.simpson007@btinternet.com for more info



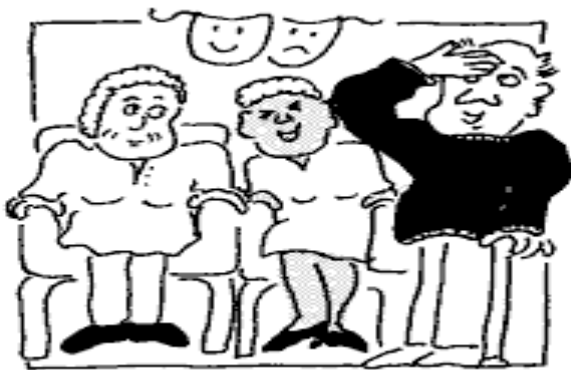
Cornerstone

The group provides educational and craft activities from literacy to cooking. Also offers group and individual support. On a Wednesday this a pensioners lunch with activities and occasional day trips. Cornerstone has a drop in Cafe open every Fri between 10 - 1pm. Morning prayers are everyday between 9.30 and 10am, Access to computers also available. Monday, Tuesday, Friday work with Adults with Learning Difficulties. Toddler and Baby group Thursday mornings. Clothing sale on last Friday of every month. Phone for opening times.

Disabled Facilities (Access: Yes Toilets: Yes Parking: Yes)


Contact: John Carr, 62 Armstrong Rd, Newcastle upon Tyne, NE4 7TU, 0191 2260941, Fax: 0191 2386426, cornerstonecs@btconnect.com

Art/Drama/Music :



Applied theatre company:

Applied Theatre Productions was founded in January 2009 by Lisa Timney and Claudio Fernandes, two professionals who wanted to explore the use of drama and theater techniques to support teenagers and adults with autism and related conditions developing social and communication skills and self esteem while collaborating with typical peers. Drama is a unique tool to explore and express human feeling through

	<p>voice, language and body. It is fundamental to human activity and can be done as an activity on its own or as an extension of another subject area. Our approach is to discover each participant's unique and individual motivations and build on them, encouraging relationships and creative play.</p> <p>1 Manor Gardens Gateshead Newcastle Upon Tyne NE10 8TB</p> <p>0753 0097 691</p>
 <p>The Twisting Ducks Theatre Company Changing lives through theatre <small>Charity registration number 1125548</small></p>	<p><u>The Twisting Ducks Theatre Company</u> The Twisting Ducks Theatre Company provide many exciting opportunities for people with learning disabilities to take part in the arts. We run Performance, Music, and Film academies. Each Academy offers a session per week that supports people of all ages and abilities to develop their skills in the arts area of their choice. People will have the chance to showcase their talents to their own community through live performances, film screenings and gig nights. The performance academies are also suitable for those wanting to learn backstage or film production skills, or for those who simply want to increase their confidence or independence. There is a fee of £39 per week for the Academies, which most people pay for using their individual budget. If you are interested in finding out more, please ring Jay or Ani on 07925167775, or email thetwistingducks@googlemail.com</p>

The Academy sessions take place at our fully equipped theatre space called the 'TD Studio'. This is based at the Westgate Community College, on the West Road, Newcastle. The TD Studio hosts monthly theatre nights, where audiences can see live performances from lots of different arts group and learning disabled performers across the region. The Twisting Ducks also have a band, called 'Me and Others' who do regular gigs in the community, and are available for hire at social events. The theatre and gig nights are advertised on our website, where you can also find information about our past and ongoing projects. Go to www.thetwistingducks.co.uk

The Twisting Ducks
TD Studio
Westgate Community College
West Road
Newcastle Upon Tyne
NE4 9LU



Women's Art Group:

East End Health is a local charity based on Heaton Road in Byker. They promote active healthy lifestyles. As part of their work they run a free women's art group every Friday afternoon. Members attend for a variety of reasons including respite from caring responsibilities, low mood, depression, isolation and anxiety. Anyone who is female is welcome to join this group. No experience is necessary. For more information contact: East End Health, 28 Hawthorn House, Heaton Road, Byker, Newcastle, NE61SD TEL: 0191 2760595



The Pool of Sound:

The pool of sound is a studio specifically designed for people with learning disabilities and or/complex needs.

The pool of sound is at Byker Community Centre, 153 Headlam Street, Byker, Newcastle Upon Tyne NE62DX.

The Soundbeam has a regular Wednesday afternoon musical session. Open to everyone. £2 to include tea and biscuits. To find out more please contact Brian or Gary at the Pool of Sound Byker Community Centre Tel: 0191 2659341

Website: www.myspace.com/bykersoundbeam



Nagas Art Studio:

Studio

The studio is open Mondays to Thursdays from 10.00 am till 5.00 pm.

The Art Studio provision allows service users to;

- develop skills with or without support from professional artists
- try new art forms
- exhibit work
- get involved in group work
- work independently
- visit art galleries
- make new friends
- get work online
- ... and much more

SESSIONS

All NAGAS sessions, including art sessions at the studio, the music group and the writing group, are free.

ART GROUP

4 days a week

Monday to Thursday

10am till 5pm

@

The Blackfriars Centre

Newbridge Street

Newcastle upon Tyne

Ne1 2TQ

If you want to get involved please come along or contact Bob for more details:

Bob Malpiedi

NAGAS Studio Manager

Mobile 07786830549

E-mail bobmalpiedi@hotmail.com

Educational Activities :



Byker Sands Family Centre –

The centre runs a number of different courses which are aimed at people from the local community to access. They cover a variety of areas such as Crafts, Social groups for parents, confidence building courses etc. Byker sands is a barnados run project. The centre is open to adults with learning disabilities. For more information call Byker sands on 0191 2654566.



Skills For life:

Skill For life run lots of different courses to help people gain the skills they need to live independently. They can be contacted on 0191 2782824



Angelou Centre

Aim

Assists and trains women in order for them to have a progression route into further education and employment. Offers guidance, support and training on a one-to-one basis, targeted towards the needs of the individual.

Contact Fazeelat Iqbal

Address

2 Brighton Grove
Fenham
Newcastle upon Tyne
NE4 5NR
Telephone 0191 2260394



Liberdade – Courses. (LIBERATE) :

Liberate courses! Enroll Now and start in September.

Liberdade are offering an exciting opportunity for people with a learning disability to explore, experience and fulfil their own interests around Drama and Film and Health and Fitness.

The courses will run for 40 weeks between 9.30 – 3.30 on a Wednesday and Thursday. The courses start in September 2011.

The courses are fee based, most people will be able to afford this through direct payments.

The Liberate courses are person centred throughout and will work with peoples personal care plans to help them achieve their goals.

We are looking for the perfect venue to hold the Liberate courses. The venue will be in Newcastle and easily accessible by car and public transport.

How do I get involved...

Exercise Diet and Fitness

It's about keeping yourself in good shape, its important to keep fit because we dance a lot. We are getting fitter every day. Donna is our drill sergeant

Take a look at our new DVD Witness the fitness 'The Liberdade Workout'

If you have a learning disability and live in Gateshead get in touch and we will send you a free copy.

If you live outside of Gateshead and would like a copy you can buy one.

£10 for an individual

£20 for an organisation

Liberate course in Health and Fitness

Liberdade are offering an exciting opportunity for people with a learning disability to explore, experience and fulfil their own interests around Health and Fitness.

The courses will run for 40 weeks between 9.30 – 3.30 on a Wednesday and Thursday. The courses start in January 2011.

The courses are fee based, most people will be able to afford this through direct payments. That means a person attending may have a direct payment to pay for their place on the course. You can find out more about this from your support worker or from your local social work team.

The Liberate courses are person centred throughout and will work with peoples personal care plans to help them achieve their goals.

If you are interested in a place on the Liberate programme for you or someone you know then get in touch with Rob or Kelly. We can speak to you over the phone or come and meet with you to answer all of your questions, contact us on: 0191 477 8533 or info@liberdade.co.uk

Holidays :



Edward Lloyd Trust have purchased a new accessible caravan at Berwick, which can be booked by calling their office

Tel: 0191 2131608



Calvert Trust :

Respite Care Holidays

Our adult respite care holidays are for those with physical, learning or sensory disabilities, who require personal care and support whilst away from home.

Accommodation is in single, double or twin rooms in our main centre. All rooms have en suite facilities with level entry showers or bathrooms and fitted with specialist equipment such as hoists, grab rails and shower seats.

Additionally, several of the bedrooms have 5-way profiling beds and a number are fitted with ceiling tracking hoists.

All respite care bedrooms have an electronic call system with some offering Vبرا alarms for extra reassurance.

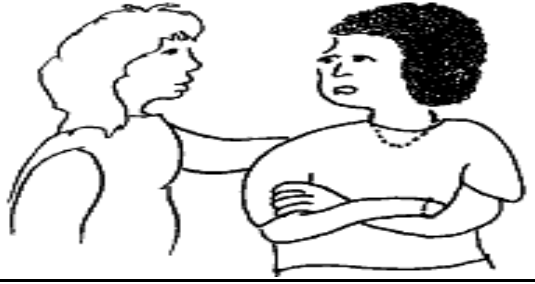
We can accommodate those who have specialist dietary requirements.

Our respite guests are encouraged to take part in activities, safe in the knowledge that they will be supported by our professional care and activity teams.

For further information please contact our [Business Development Team](#) on 01434 250232.

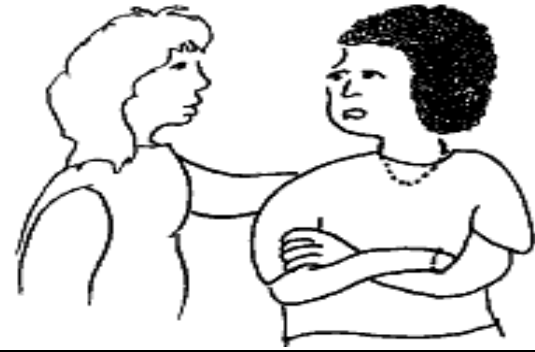
Getting More Help :

Community Links Team :



The **Community Link Team** is also part of Newcastle Adult and Culture Services' provision for people with learning disabilities. They work with people with learning disabilities and their families and carers to find ways of being included in their communities. This can include help with devising a Person Centred Plan, finding out what is happening locally or in your areas of interest, working out how to get to places safely, and helping to get a good start in an activity and making sure things keep going well. The team also holds an information surgery when you can drop in to talk to a member of staff. To find out more, call telephone number 0191 284 9113, or email community.link@newcastle.gov.uk .

Help and Connect at Skills For People :



Help and Connect helps people with learning disabilities and their families in Newcastle upon Tyne. It will help you to get your support right and to make the most of what's going on in your area. Our team of paid staff and volunteers includes people who use services and family carers.

Drop into Key House for information and help, or just come for a cuppa!

You can use our Community Map by clicking on the button! You can find out what is on in your area, and where you can get help.

You can find out about * Local services which support people with learning disabilities
* How to use your Individual Budget to plan the services which will really help you *
What's going on in Newcastle – and how you can get involved

Don't worry – we know it can be confusing, our team are on hand to help you out!

If you would like to get in contact with us, please telephone us on: 0191 281 8737

Our postal address is:

Skills for People
Key House
Tankerville Place
Jesmond
Newcastle Upon Tyne
NE2 3AT

Or you can email us at: information@skillsforpeople.org.uk

Friends Action North East



Friends Action North East is an organisation helping adults with learning disabilities make and maintain friendships.

Our one to one friendship mentoring programme allows adults with a learning disability who come onto the programme to work with a volunteer mentor to overcome some of the barriers to making and keeping friendships. The project also supports its members by offering group activities such as taster sessions e.g. nightclubbing, horse riding etc

Our website is available to everybody and gives valuable information about what's happening in local communities. It is a great way to find out what going on around you and how you can get involved in your community with friends.

For more information about what we do email us at;

info@friendsaction.co.uk

Or phone us on:

0191 2314327

Useful Web Sites :



List of other groups –

For info on other groups centred around countryside , music , dance , sport , drop in , health , drama and courses see the better days website :

<http://better-days.org.uk>

<http://www.dotcommunity.co.uk> – map of over 80,000 activities – selectable by region.

<http://www.activenewcastle.co.uk> – more info on leisure centres.

<http://www.friendsaction.co.uk> – Friends Action North East

Compiled by mark.scorfield@newcastle.gov.uk 30 May 2012.