



Skills for People

Family Advice and Support Team Newsletter

Supporting Families of
Children with Special Educational
Needs and Disabilities in
Newcastle upon Tyne

October edition



**Pass it on Parents
parent carer meet ups**



**Halloween events and half
term activities for children
and young people.**



**Inclusive activities and groups
for children and young people.**



**Upcoming training events and
workshops for parent carers.**





Parent Carer meet ups with Pass it on Parents



For parents/carers of children and young people with additional needs and disabilities.

Come along to find out useful information from our Pass it on Parents team or come if you just fancy a chat and a cuppa. We can offer advice on grants, activities, events and more.

Dates and Locations:



Tuesday 22nd October , 10:30am-12:00pm

Location: The Owl Tree Children's Cafe, Former Coxlodge Methodist Church, Kenton RD / John St, NE3 3XH.



Tuesday 23rd October 10:30- 12:30pm.

Funding morning - fully booked

Location: Skills for People, 4 Glendale Terrace, Byker, NE6 1PB.

Please note this is a grant funding session and a time slot booking is required. Please contact admin on the number below to book a slot.



Tuesday 5th November, 10:00am-11:30am

Location: Hadrian school, Bertram Crescent Newcastle, NE15 6YP.





Wednesday 6th November, 10:30 am- 12:00pm

Location: St Martins Centre, Roman Avenue, Walker, NE6 2RJ



Wednesday 13th November, 10:30am - 12:00pm

Location: Sir Charles Parsons school,
Westbourne Avenue, Walker, NE6 4ED.



Tuesday 19th November , 10:30am-12:00pm

Location: The Owl Tree Children’s Cafe, Former Coxlodge Methodist Church, Kenton RD / John St, NE3 3XH.



Wednesday 20th November 10:30- 12:30pm.

Funding morning.

Location: Skills for People, 4 Glendale Terrace, Byker, NE6 1PB.



Please note this is a grant funding session and a time slot booking is required. Please contact admin on the number below to book a slot.

**For any queries please contact our office at Skills for People
on: 0191 281 8737
or email: info@skillsforpeople.org.uk**

**We also have a Parent Carer peer support group on Facebook.
Please scan the QR code to visit the page.**



Smile through sport

October Half Term

Check out our SEND holiday activity sessions.

8-19 year olds multi-sport sessions

4- 7 year olds multi-sport session

Booking is essential, you can book by emailing info@smilethroughsport.com or visit <https://smilethroughsport.com/whats-on/> and book online .



October Half Term Holiday Activity Sessions



Sport & physical activity sessions for children, young people with SEND.
Siblings are welcome to attend too!



Monday 28th

Multi-sport session (8-19 years)
10am-12nn
The Venue, Community Centre,
Stanley, DH9 6AH
£3pp

Multi-sport session (4-7 years)
1.30pm-3pm
John Willie Sams Centre, Dudley,
NE23 7HS
£2pp

Tuesday 29th

Multi-sport session (8-19 years)
10am-12nn
Tyneside Badminton Centre,
Newcastle, NE5 2TA
£3pp



Wednesday 30th

Multi-sport session (8-19 years)
1.30pm-3.30pm
Jubilee Fields Community Centre,
Shildon, DL4 2AL
£3pp

Book Now

info@smilethroughsport.com
or 01670 457 757



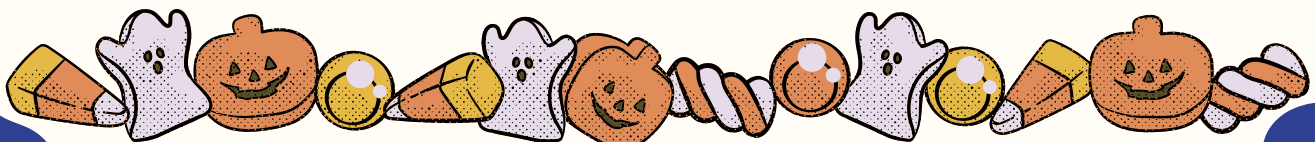
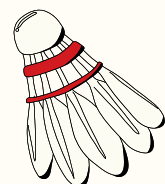
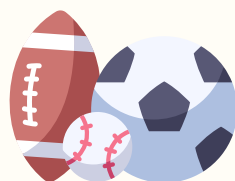
@smilethroughsport



@smiletsport



www.smilethroughsport.com/whats-on



HALF TERM @ THE OWL TREE CAFE

MONDAY 28TH OCT - SAT 2ND NOV

BOOKABLE SESSIONS

09.30 - 11AM, 11.30 - 1PM AND 1.30 - 3PM, 3.30 - 5PM

WITCHES, WIZARDS & POTIONS

THURS 31ST - HALLOWEEN PARTIES

PLUS:

WED 30TH:
SPOOKY COOKIE
DECORATING
WITH THE
COOKIE FAIRY



PLUS:
FRI 1ST: LITTLE
MONSTERS
STORY PARTY
WITH
TYNE Y TALES

PLUS:

FAMILY "THRILLER" DANCE SESSION ON
SATURDAY 2ND NOV.
BOOK CAFE NOW ON OUR WEBSITE @
WWW.THEOWLTREECHILDRENSCAFE.COM



**The Owl Tree
Children's cafe.**

To book these
events please call or
message the Owl
tree on Facebook or
the number below.

07536 060607

THE OWL TREE HALLOWEEN PARTIES

THURSDAY 31ST OCTOBER

MUST BE BOOKED IN ADVANCE BY MESSAGING THE CAFE
09.30 - 11.30AM, 11.30 - 1.30PM AND 1.30 - 3.30PM

£6 per child
6-12 mths £3

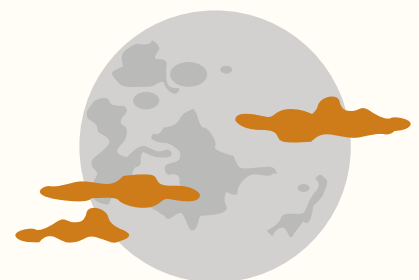
spooky disco,
games and songs

glitter tattoos,
crafts & play

Fancy dress
optional



BOOK NOW BY MESSAGING US ON
INFO@THEOWLTREECHILDRENSCAFE.COM OR VIA
FB MESSANGER



SEN SESSIONS @ THE OWL TREE COMMUNITY NEST



AS we aim to be a fully inclusive space, we try to amalgamate our SEN sessions within our normal routines.
We just make some simple adaptations

Free flow access into our larger hall with a space to run around, climb and explore

Exclusive use of sensory room

Reserved Table in the main cafe
for families with children with SEN

EVERY OTHER FRIDAY
1.30 - 5pm
DROP IN

£4 per child, £2 siblings but
free funded spaces available

The Owl Tree Community
Nest
Coxlodge Methodist
Church NE3 4PA

Designed for 0 - 5 yrs but older
children are welcome if
mindfull of the little ones

The date will be Friday the 25th of October.
We'll be potion making and have a Halloween themed session for
Halloween this Friday!

You're welcome to come dressed in your costumes too!



Staffed by professional artists and experienced support staff, ICEbox is a cultural youth club for young disabled people aged 16-25.

Based at our studios in Carr Ellison House, Newcastle Business Park, the club runs every Wednesday 6.30 – 8.45 on a pay as you go basis.

ICEbox offers a range of arts, drama, media and craft activities, as well a social space to chill and connect with friends. ICEbox and enjoy the tuck shop.



The poster features a central illustration of a vintage microphone on a stand, surrounded by autumn leaves and a purple 'arcadea cio' logo. The text 'ICEBOX Radio Stars' is written in large, stylized fonts, with 'Radio Stars' in a cursive script. Below this, a banner reads 'AUTUMN CAMP' with a star. Further down, it says 'For LD & Autistic people aged 16-25 in Newcastle October 2024!'. At the bottom, there is a white box containing text about the camp, including dates, location, and cost. A 'REC' button with a red dot is also visible. The background is orange with radiating lines.

ICEBOX
Radio Stars
★ AUTUMN CAMP ★
For LD & Autistic people aged 16-25
in Newcastle October 2024!

Following the success of our Summer Camp we are delighted to offer another Radio Stars Camp this October half-term. Come join the ICEbox Youth Club for LD & Autistic people aged 16-25 & work with staff on our very own Halloween themed Radio Show that will be aired on NOVA Radio!

When will it happen?*
Sessions will run 10:30am to 2:30pm on the following dates:
Monday 28th October
Friday 1st November

Where will it happen?
Carr-Ellison House, Newcastle Business Park
NE4 7YA

How much will it cost?
£20 for 1 day or £35 for 2 days

Interested?
Email keith@arcadea.org to book your place!

*Minimum bookings will be required for all sessions to go ahead.



ON AIR



The Alan Shearer Activity Centre

A specialist recreational, sensory and social resource, for people of all ages living with disabilities, catering to a wide spectrum of need. Facilities are completely free to use and include a hydrotherapy suite, sensory rooms and cave, a music room, seasonal activities and a café. Overhead tracking and hoists are fitted throughout, enabling full accessibility to all areas for those with limited mobility.

To find out how to become a member, or to arrange a tour of the Activity Centre, please ring our friendly team on 0191 267 8118, or email reception@alanshearercentre.org.uk, and they will be delighted to help.

The Alan Shearer centre runs lots of fantastic inclusive events like those below. Keep an eye on their Facebook page for further updates.



**HALLOWEEN
ARTS & CRAFTS**

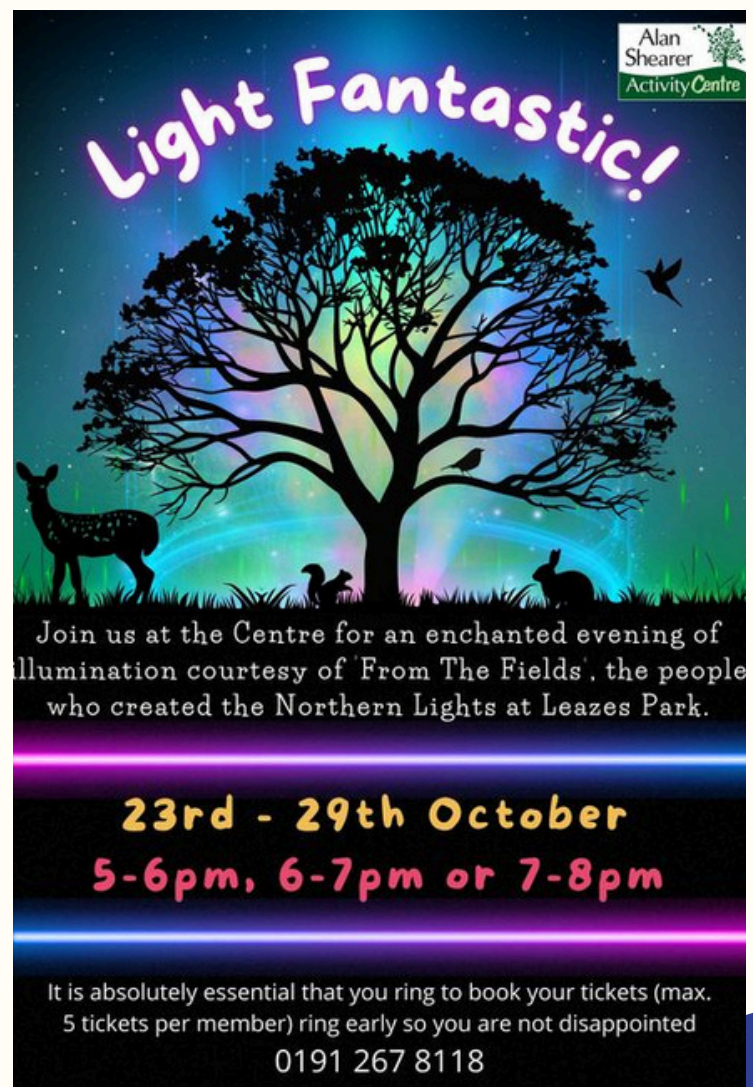
Alan Shearer
Activity Centre

Join us for a spooky arts and crafts session featuring a ghost, a pumpkin, and various art supplies. The poster includes a spider, a ghost holding a pencil, a palette, and a sign that says 'HALLOWEEN'.

Saturday 26th October
11.00am - 3.00pm

Join us at the Centre for some creepy arts and crafts!

It is absolutely essential that you ring to book a timeslot, ring early so you are not disappointed
0191 267 8118



Light Fantastic!

Alan Shearer
Activity Centre

Join us for an enchanted evening of illumination featuring a large tree silhouette, a deer, and a rabbit against a colorful night sky with a rainbow.

Join us at the Centre for an enchanted evening of illumination courtesy of 'From The Fields', the people who created the Northern Lights at Leazes Park.

23rd - 29th October
5-6pm, 6-7pm or 7-8pm

It is absolutely essential that you ring to book your tickets (max. 5 tickets per member) ring early so you are not disappointed
0191 267 8118

Elswick pool

Half Term Fun Alert! We're thrilled to announce that we have even more activities lined up for children this October half term!

Join us for our Halloween Party on October 31st! Get ready for a spooktacular evening filled with fun music, games, and plenty of treats! Come dressed in your best Halloween costume for a chance to win exciting prizes!

Date: October 31st

Time: 4-6pm

Spaces are limited, so don't wait! Book your spot now and let's make this Halloween unforgettable by emailing rashida.ahmed@elswickpool.co.uk!



CHILDREN'S HALLOWEEN PARTY

GOODY BAGS

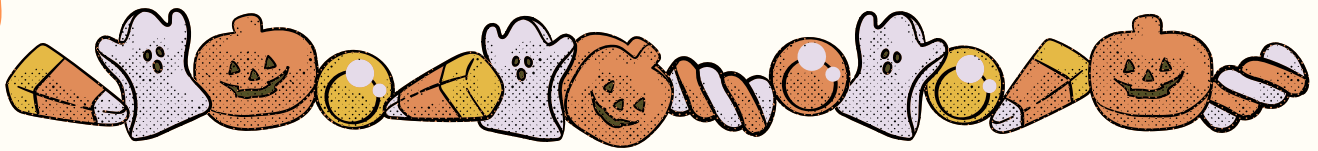
BEST OUTFIT PRIZES

FOOD AND DRINK

DISCO FUN AND GAMES



DATE: 31.10.24 TIME: 4-6PM PLACE: ELSWICK POOL
£5.00 PER CHILD, LIMITED SPACES AGES 8-13YRS, TO BOOK
CONTACT RASHIDA.AHMED@ELSWICKPOOL.CO.UK



Pottery
Bank
Community
Centre

HALLOWEEN FUN DAY



FANCY DRESS COMPETITION

ARTS & CRAFTS

FACE PAINTER

SILENT DISCO

FOOD ACTIVITIES

ALLOTMENT FUN

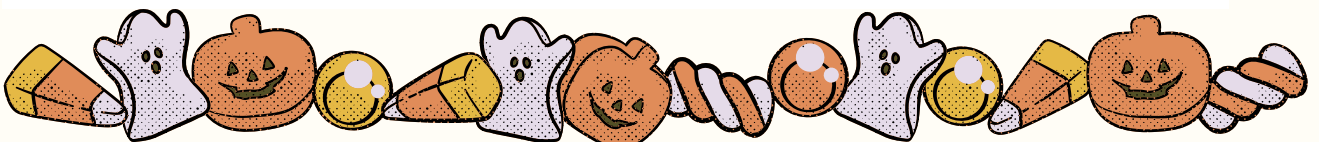
CAKE STALL



POTTERY BANK COMMUNITY CENTRE
TUESDAY 29TH OCTOBER 2024
11AM - 1PM



All Children under 8 must be accompanied by a responsible adult



Down's Syndrome North East is an organisation helping and supporting people with Down's Syndrome and their families and friends. They cover Northumberland, Tyneside, Wearside, Durham and Teesside. They run regular events for a wide range of ages and have a monthly newsletter to keep you up to date with their activities and events. For further information please visit their website: www.dsne.org.uk

Activity	WHO	WHEN	WHERE	CONTACT
 Dance Weekend	Ages 18+	Rehearsals October 12th and 13th performance on Sunday 20th October	performance at Customs House South Shields	Ros ros.collinson@dsne.org.uk
 Three 21 group	Ages 0-7	Saturday 19th October 2-4pm	The Winlaton Centre Blaydon	Eleanor eleanor.baggaley@dsne.org.uk
 Ceilidh	Ages 10+	Saturday 19th October 6pm - 9pm	Gosforth Civic Theatre	Linda linda.dixon@dsne.org.uk
 Marty's Party	Ages 10 years +	Tuesday 22nd October 8pm - 9pm	On Zoom	Melanie melanie.atkinson@dsne.org.uk
 AGM	Meeting open to all members please let Sue or Caroline know if you would like to attend	Wednesday 23rd October 6pm-9pm	Premier Inn Meeting room Emerson Way Washington	Sue sue.belton@dsne.org.uk Caroline caroline.turner@dsne.org.uk
 Music and Sensory Play	Ages 0-8 older siblings welcome	Tuesday 29th October 10:30	Hartbeeps Darlington	Caroline caroline.turner@dsne.org.uk



HALLOWEEN PARTY DAY

THURSDAY 31ST OCT 10AM-2PM

@ BENFIELD SCHOOL DRAMA STUDIO

GAMES, DANCE, CRAFTS, DRAMA, PARTY GAMES
AND LOADS MORE :) PARENTS DON'T NEED TO STAY!

FOR CHILDREN AGE 5 AND OVER.
FREE! LUNCH IS INCLUDED.



TO BOOK →



BARNARD'S

Halloween Party at Benfield school drama studio, NE6 4NU

Half term events for children who live in Newcastle age 5 and older.
Book your free places now for half term by using the QR code or click
<https://forms.office.com/e/2YwGjMANta>

Children who get free school meals will get priority.



Halloween Friday night at Newburn activity centre

LET'S GET SPOOKY!

Halloween Fright Night

31 OCT

North East Gymnastics Academy

THE HAUNTING STARTS AT
1-3pm
Newburn Activity Centre
NE15 8ND

SOFT PLAY
APPLE BOBBING
FACE PAINTING
ARTS & CRAFTS
GAMES

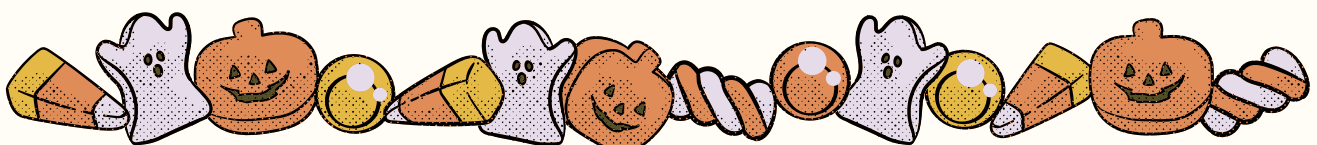


Newburn activity centre are holding a Halloween Fright Night event from 1-3pm 31st October!

To book please see the QR code of link below:

<https://north-east-gymnastics-academy.classforkids.io/info/2933>

Location: Grange Road, Newburn, Newcastle upon Tyne NE15 8ND





HALLOWEEN FAMILY FUN DAY @ BYKER SANDS CENTRE WEDNESDAY 30TH OCT 12:30-2:30PM

Crafts, games & loads of spooky fun!
Children must be accompanied by a
parent/carer.
Free to attend.



To book ----->

BARNARD'S



Halloween Family fun day at Byker Sands centre.

Location: 19 Raby Cross, Byker, Newcastle upon Tyne NE6 2FF

For further information and enquiries please contact Byker Sands on: 0191 275 9636

Book your free place at <https://forms.office.com/e/Z6tdHaMaDZ>

Perfect for Primary School Children



HALLOWEEN CRAFTS

SPOOKY SPIDERS

FREE DROP IN CRAFTS FOR FAMILIES

MONDAY 28 OCTOBER

FENHAM LIBRARY, 11AM

WEST END LIBRARY, 2PM

TUESDAY 29 OCTOBER

GOSFORTH LIBRARY, 2PM

WEDNESDAY 30 OCTOBER

BLAKELAW LIBRARY AT BLAKELAW

LEISURE, 11AM

NEWBURN LIBRARY, 2PM

THURSDAY 31 OCTOBER

CRUDDAS PARK LIBRARY, 11AM

HIGH HEATON LIBRARY, 11AM

KENTON LIBRARY, 11AM

OUTER WEST LIBRARY, 11AM



FRIDAY 1 NOVEMBER

EAST END LIBRARY, 10.30AM

WALKER LIBRARY, 11AM

SATURDAY 2 NOVEMBER

DENTON BURN LIBRARY, 11AM



The Tim Lamb Centre



OCTOBER HALF TERM

Monday 28th October- Stay & Play 10-4pm
Halloween Foam party 1-3PM
(Tickets must be pre booked)

Tuesday 29th Stay & Play 10-4m
Maleficent & Gitter tattoos 1-3Pm

Wednesday 30th October Stay & Play 10-4pm

Thursday 31st October Stay & Play 10-4pm
Pumpkin Patch + Carving 1-3pm

Friday 1st November Stay & Play 10-4pm

Saturday 2nd November- Stay & Play 10-4pm Angela's ark 1-3pm

Sunday 3rd November- Quiet Pre booked Session (10-12)
Stay & Play 12-4pm

Please note half term is available to members and siblings only with a valid membership.

Unfortunately our foam party has now sold out.

All other activities are drop in session and booking is not required.

The Tim Lamb Centre is a specialist play and leisure facility for children with disabilities / additional needs and their siblings. Please bring evidence of your child's disability/ additional needs with you on your first visit.

*Family membership is available to any family who has a child with disabilities/ additional needs.

Save time upon arrival, complete your membership form before your first visit.

<https://pathways4all.co.uk/.../family-membership-form/>



Daydream Cinema

October Relaxed Screenings

Gosforth Civic Theatre

Regent Farm Road,
Newcastle upon Tyne, NE3 3HD

**MONDAY
28TH OCT
2024**



3pm (Doors open):

Disney's Fantasia (U)

Film starts at 3.30pm
A beautiful film blending classical music with 8 different animated stories, which when it was released in 1940 was thought to be the first of its kind. Enjoy this Disney masterpiece in a welcoming atmosphere.

Enjoy this Disney masterpiece in a welcoming atmosphere.

What to expect at the Relaxed Screenings



The lighting will be left on low



You can make noise if you need to



The sound will be on a low level



You can move around if you need to



There is a chill-out space available if you need to take a break



The film will have English Language Descriptive Subtitles on screen

www.daydreamcinema.co.uk

Daydream Cinema welcomes you to our October Relaxed Cinema. Open to all, our screenings aim to be a supportive environment for audiences with a range of access requirements.



Daydream Cinema is run by a neurodivergent cinema exhibitor. We want everyone to be able to take part in going to the cinema.



Please note: Due to the sensory sensitivities of some of our guests, we don't recommend this screening of Fantasia to children under 2 years. Anyone under 16 must be with an adult.



Book ahead to avoid missing out!
Pay What You Can and free P.A./ carer tickets are available to anyone who needs one.



You can book tickets online at:
www.daydreamcinema.co.uk/events



Gosforth Civic Theatre is wheelchair accessible.

You can find out more information about the venue and access, a visual guide and a walk-through video on our website:

www.daydreamcinema.co.uk



For information or access info, email: contactdaydreamcinema@gmail.com



[day_dream_cinema](https://www.instagram.com/day_dream_cinema)



[daydreamcinema4](https://www.facebook.com/daydreamcinema4)



[daydream_cineUK](https://twitter.com/daydream_cineUK)

Daydream Cinema Screenings are supported by Film Hub North with National Lottery funding on behalf of the BFI Film Audience Network.



Daydream Cinema returns to Gosforth Civic Theatre on Monday 28th October for two spooky screenings.

They'll be hosting Relaxed Screenings of Disney's Fantasia and An Interview with the Vampire designed to be accessible and welcoming to Neurodivergent audiences.

Everyone is welcome to attend.

3pm doors, 3:30pm start - Disney's Fantasia (U) 6pm doors, 6:30pm start - Interview with the Vampire (15) Craft-Along Screening

You can find out more about the event and each film screening, and book tickets through our website here.

<https://daydreamcinema.co.uk/events/>

There is a Pay What You Can On The Day option meaning you pay nothing when you book and then you can make a donation on the day if you are able to. We do not want cost to be a barrier for audiences to attend screenings, so please don't worry if you are not able to pay at this time.



Friday 8th November at 5:30pm at Hadrian school, Bertram Cres,
Newcastle upon Tyne NE15 6PY.

This is one of our most proud Community Events - everyone is welcome
to attend.. please spread the news and invite far and wide.

£3 a ticket and we will have food, stalls, pictures, Condercum Crafts,
glow sticks and much, much more available on the evening.

Get your tickets through our Admin Office!



FRIENDS OF HADRIAN SCHOOL

BONFIRE *night*

08
NOV
5.30PM

£3
ENTRY

FIREWORKS • FOOD • FUN

ENJOY A SPECIAL NIGHT

Get your tickets from Hadrian School Reception NOW!

HADRIAN SCHOOL, BERTRAM CRESCENT, NEWCASTLE, NE15 6PY.
HADRIAN.NEWCASTLE.SCH.UK 0191 273 4440
DANIEL.COFFEY@HADRIAN.NEWCASTLE.SCH.UK

DANCECITY 
DANCE FOR THE NORTH EAST

Sensory Dance



New themes
every week!

A movement focused class for children aged 5–10 years old with Special Educational Needs and Disabilities.

New themes will be explored each week, using a range of props to help with their creativity and focus.

Sensory Dance is a SEND focused class. The class is inclusive, creative and welcomes everyone with open arms! We will focus on different themes each week, such as Disney to Under the Sea. We also utilise a range of different movement styles and use a range of props to help with our creativity and focus. Sensory Dance allows children to explore dance, create and explore. with adaptations tailored towards SEND.

Who is it for? Children with SEND (Special Educational Needs and Disabilities)
Ages 5-10

To book please visit Dance City's website
<https://www.dancecity.co.uk/class/257499/sensory-dance/>



Inclusion Sports Foundation Comets offers a brand new opportunity for young people with disabilities and additional needs to take their first step into football.

Comets is a new, enjoyable and inclusive programme for boys and girls. This is a project aimed at children aged 5-11 years old who may have a disability or additional needs. We believe it is essential for every child to have access to opportunities in football where they can find their space to play. Sessions are purely recreational, focusing on your child's enjoyment and fundamental skills within a safe and inclusive environment within our grassroots community. This opportunity is available for every child in the Newcastle, North Tyneside and Northumberland and surrounding areas. We also cater for 8-12 and 12-16 PAN disability age groups, and we can offer a complete PAN disability pathway to adult football via our Football Club adult teams.

Tyne Met College Gym NE28 9NL

Wednesday 6-7pm

Contact 07300 871 681

hadrian@inclusionsportsfoundation.com





LEGO CLUBS

AT

NEWCASTLE LIBRARIES

Mondays

City Library, 3.30pm

Kenton Library, 3.30pm

West End Library, 4pm

Tuesdays

Gosforth Library, 3.30pm

Thursdays

Walker Library, 3.45pm

Fridays

Fenham Library, 3.30pm

Saturdays

Newburn Library, 10.30am

Cruddas Park Library,
11am

East End Library, 11am

High Heaton Library, 11am

Outer West Library, 11am

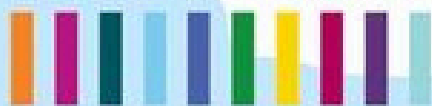
Denton Burn Library, 12pm

Drop in session - no booking required

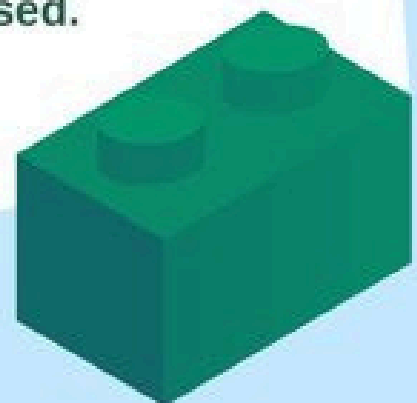
Children must be supervised.

Lego provided

Term time only



Newcastle Libraries





PREMIER LEAGUE KICKS **NEURODIVERSE**

Play football and make new friends at free sessions near you.
Open to young people of all abilities, enjoy safe, supervised play with Newcastle United Foundation.

Every Wednesday
6pm – 7pm
For ages 8 – 11



The Parks, North Shields, NE29 6TL

Join our **free** weekly specialist neurodiverse Premier League Kicks sessions
at The Parks

Open to 8 to 11-year-olds, our free Kicks sessions are a safe, supervised
opportunity to play football with friends.

The Parks, North Shields, NE29 6TL

Every Wednesday for ages 8 - 11

6pm - 7pm

Register now:

www.nufoundation.org.uk



SEND STAY & PLAY SESSIONS

Fun play sessions for babies, toddlers & young children with SEND / suspected diagnosis / premature babies.



A safe space for 0-5 years, to play and the chance for parents/carers to chat, share experiences and have a cuppa!

First Sunday of the month
10.30am-12nn

£2 per child

Balkwell Community
Welfare Association, Heaton
Terrace, North Shields,
NE29 7LY

For more information and to book please
contact: info@smilethroughsport.com or
01670 457 757



Children North East



We have a range of services to support Neurodivergent young people! These groups and programs are designed to help develop their skills, build confidence and learn more about Neurodiversity! If you would like to join one of our groups, or are interested in being a volunteer working with us contact us by email masquer-aid@children-ne.org.uk.

To learn more about the neurodiverse groups and services ran by CNE please visit their website: <https://children-ne.org.uk>

FAB Group

Fantastic and Brilliant!

For young people with SEND in Newcastle, they meet monthly and also go and visit venues such as the Centre for Life, City Library and the Discovery Museum as 'secret shoppers' to assess them for accessibility.

Masquer-aid

A 12 week programme combining peer support and 'therapeutic education' for young people who have been diagnosed or are waiting an assessment for neurodivergence.

Employability

For 16 - 25 year olds, this mentoring program helps neurodivergent young people to develop skills for the workplace, build confidence and supports with job applications and CV writing.

Peer Support

Based in Prudhoe and Hexham, we host activities and a chance for Neurodivergent young people to connect with their peers and make friends!

Tyneside Badminton Centre

A reminder that we host two **inclusive youth groups** every Tuesday, with groups suitable for individuals with physical, sensory, and learning disabilities from the ages of 8 to 14.

Both groups aim to support and empower young people while enhancing mental health and wellbeing in a fun and safe environment. Focusing on personal development, the group will feature tailored activities in relation to independent living, life skills and personal relationships.

Sessions cost just £3 per person, with the cost including all activities, drinks, and snacks.

8-13 years | 5-6PM
14+ years | 6-7.30PM



The group aims to support and empower young people including individuals physical, sensory, and learning disabilities, while enhancing mental health and wellbeing in a fun & safe environment. Focusing on personal development, the group will feature tailored activities in relation to independent living, life skills and personal relationships.

8-13 YRS
SESSION
TUESDAY | 5-6PM

JOIN US!

£3.00 PER SESSION | INCLUDES A DRINK & SNACK
ATTEND 6 SESSIONS, GET A FREE GIFT!
TYNESIDE BADMINTON CENTRE | BOWNESS RD | SLATYFORD | NE5 2TA



Each session will feature a mix of tailored activities aimed at enhancing the personal growth of all participants.



Meeting and interacting with new people can be a valuable experience that opens up opportunities for personal growth.



Take part in a wide variety of enjoyable and interactive activities that cater to various interests and preferences.

14+ YRS
SESSION
TUESDAY | 6-7.30PM

Tyneside Badminton centre
Address: Bowness Rd, Newcastle upon Tyne NE5 2TA
Phone: [0191 241 5385](tel:01912415385)

RAINBOW BORROWERS

SUPPORTS FAMILIES AND OFFERS A TOY LOAN AND PLAY SESSION SERVICE FOR CHILDREN WITH COMPLEX AND ADDITIONAL NEEDS, DIAGNOSED AND UNDIAGNOSED



FREE!

DATE & TIME: Friday: 11.10.24, 25.10.24, 8.11.24, 22.11.24, 13.12.24. 10.30-12.00

LOCATION: Galafield Family Hub, Newbiggin Lane, NE5 1LZ

FIND US!



SCAN HERE



CALL US!

07827040425
01912656158

EMAIL US

VICKY@NAPI.ORG.UK

RAINBOW BORROWERS
SEND PLAYSESSION
@ HCC



FREE

A play session for children under 5 with additional needs and/or disabilities and their families.

No diagnosis needed

Monday's - Term-Time - Every 2 weeks:

30.9.24 / 14.10.24 / 11.11.24 / 25.11.24 / 9.12.24

@ 10:00-11:30am

Heaton Community Centre
Trehwhitt Road
Heaton
NE6 5DY

0-5 years



0191 2656158
07827040425



www.napi.org.uk

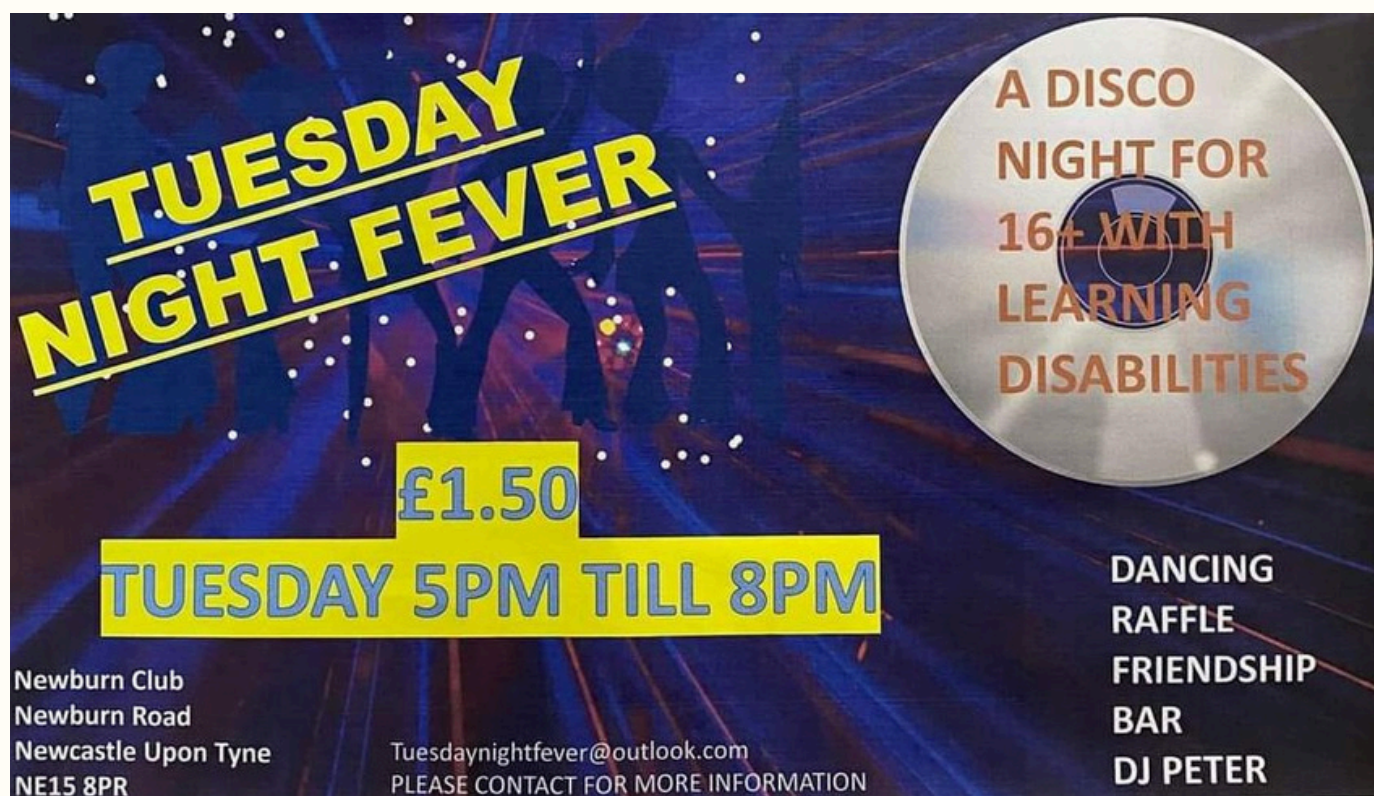


Tuesday night fever

Over 16+ disco night for people with learning disabilities.

Every Tuesday 5pm - 8pm at Newburn Memorial club.
£1.50 Entry.

For further information please email:
tuesdaynightfever@outlook.com



TUESDAY NIGHT FEVER

A DISCO NIGHT FOR 16+ WITH LEARNING DISABILITIES

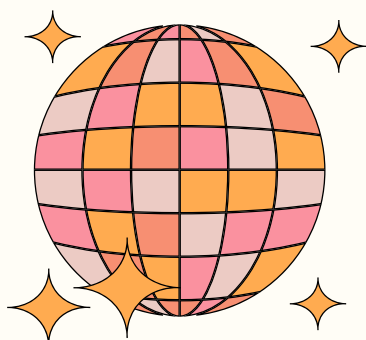
£1.50

TUESDAY 5PM TILL 8PM

Newburn Club
Newburn Road
Newcastle Upon Tyne
NE15 8PR

Tuesdaynightfever@outlook.com
PLEASE CONTACT FOR MORE INFORMATION

DANCING
RAFFLE
FRIENDSHIP
BAR
DJ PETER



At the Tree House Early Years Centre, Brunel Terrace, Cruddas Park Newcastle. For Newcastle parents of pre-school children with communication difficulties (parents only not suitable for children). "We are excited to announce our new parent drop in sessions. These are for families of children with communication and Interaction needs. Please see our leaflet for information

Join us on...

8th October 2024
5th December 2024
28th January 2025
27th February 2025
27th March 2025
20th May 2025
3rd July 2025

Sessions run 10-12
No need to book!

Brunel Terrace, Newcastle
upon Tyne NE4 7NL
Tel: 0191 2788458



PARENT DROP IN

For Newcastle parents / carers of children who have communication and interaction needs and autism.

*Please note these sessions are not suitable for children.

Connect with other parents, ask questions and learn how to support your child! As parents, we all want the best for our children.



Meet other
parents



Ask
questions



Different theme
each session



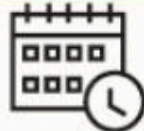
OUSEBURN FARM

SUPPORTED VOLUNTEERING

A PLACE FOR GROWING, PLANTS, FRUIT AND VEG, ANIMALS,
BUT MOST OF ALL, PEOPLE.



8 weeks, starting on
7th November 2024



Thursdays and Fridays



10.30am to 3pm



group volunteering in animal care and
horticulture



employment and wellbeing
workshops



If you are not working, would like some extra help to volunteer or get into
work and have a mild or moderate learning disability, difficulty or mental
health illness



get in touch with Volunteer Coordinator, Sarah, to apply or find
out more information on sarah.smith@ouseburnfarm.org.uk
or call 0191 232 3698



Would you or someone you know like some support to get into volunteering and
work?

Our next Supported Volunteering course starts 7th November 2024.

If you are not working, would like some extra help to volunteer or get into work and
have a mild or moderate learning disability, difficulty or mental health illness we'd love
to hear from you.

Get in touch with our Volunteer Coordinator, Sarah, to apply or find out more
information: sarah.smith@ouseburnfarm.org.uk or call 0191 232 3698. You can find
the application form via the link on their website: <https://www.ouseburnfarm.org.uk/>

Details:

8 weeks, starting on 7th November 2024, 10.30am - 3pm

Employment and wellbeing workshops

Group volunteering in animal care and horticulture

What's on this autumn?
SEND law training for parents and carers

5 November

EHC plan masterclass - obtaining a plan

26 November

EHC plan masterclass - existing plans

3 December

Tribunal hints and tips

10 December

Introduction to SEND law

12 December

SEND law and young people (post-16)

WWW.IPSEA.ORG.UK

IPSEA provide free and independent legal advice and support to families of children and young people with SEND. We also provide training on the SEND legal framework, and we influence policy at both a local and national level.

IPSEA run free training webinars about EHCP and SEND law, to see the full list of webinars and to book onto them please visit their website at:
<https://www.ipsea.org.uk/>



IPSEA
Independent Provider of Special
Education Advice



Autism
Central



**DAISY
CHAIN**
Autism & Neurodiversity

In Person Parent Carer Workshops

● Understanding Autistic Overwhelm, Meltdowns and Shutdown

This workshop explores how parents and carers can understand the contributing factors to their children's distressed behaviour and strategies on how to support them.

Autism Central is a free programme commissioned by the NHS which provides high quality and accessible autism information, education and coaching for families and carers.

Daisy Chain is the charity delivering this service in the North East and Yorkshire. As well as group and individual coaching and support, we provide regular online and in-person learning opportunities covering a variety of topics relating to autism.

- Gosforth Library / 16th September / 10am-12pm / Gosforth Library, Regent Farm Rd, NE3 3HD
- Charlton Street Family Hub / 14th October / 10am - 12pm / Charlton St, Lemington, NE15 8RR
- Byker Sands Family Hub / 11th November 10am - 12pm / 19 Raby Cross, Byker, NE6 2FF
- Carnegie Family Hub / 16th December 10am - 12pm / Carnegie Building, Atkinson Road, NE4 8XS



These sessions are free and open to parents and carers living in Newcastle. These workshops are aimed at parents and carers of school aged children.

Book online :

<https://daisychainproject.co.uk/product/in-person-learning-workshops-newcastle/>

Are you a Connected Carer, Special Guardian or have a Child Arrangement or Resident Order?

Do you live in Newcastle or have a Newcastle child in your care?

If you answered Yes - this free event is for you!

Kinship Networking Event

Thursday 24th October 2024

Drop in between 10am - 2pm

**Banqueting Suite, Newcastle Civic Centre
Barras Bridge, Newcastle. NE1 8QH.**

- ✓ **Meet our Friendly Team**
- ✓ **Meet other Agencies and Services**
- ✓ **Information Stalls**
- ✓ **Advice and Support**
- ✓ **Networking**
- ✓ **Children's Activity Table**
- ✓ **Refreshments**
- ✓ **Freebies**



Scan the QR code to register for this event



or visit <https://forms.office.com/e/vS2zi4VvQt>

Registration preferred but not essential.

Are the Sleep Success workshops for you?

If you have a child aged **1 – 19 years** of age where 'sleep' is an issue – YES

Tips to try at home to help improve sleep

1. No sugar or caffeine after 4pm
2. Eat 'sleepy foods' including cheese, cherries and bananas
3. Close curtains and dim lights early. Try to make a quiet and relaxing environment 1 hour before bed
4. No computers/ phones or T.V 1 hour before bed
5. Relaxing activities with your child 1 hour before bed such as reading, drawing or fine motor activities.
6. Warm baths and warm PJ's
7. Stick to the same routine every night
8. Keep 'bedrooms' neutral colours and a relaxing space



What is a 'sleep issue'?

- Difficulties getting to sleep at night
- Difficulties following a routine at night
- Waking throughout the night
- Not able to self-settle
- Not feeling 'tired'
- Difficulties managing behaviour impacting on sleep
- Anxiety
- Medical conditions impacting sleep
- Challenging behaviours

How can the workshop help?

- It is a safe environment to discuss your own personal 'sleep issues'
- Experienced practitioners who are there to support and guide you. We DO NOT judge!
- Tips and advice to support you to make changes
- Tried and tested strategies to use with your child. We DON'T promote leaving your child to cry
- Workshops are fun, welcoming and relaxing for everyone
- 'inclusive' we can offer support to ALL families including children with additional needs

Timetable

Suitable for: Primary age children ,
4 – 11-year-olds & Toddler 1 – 3 years.

Date: Tuesday 15th October

Time: 9:30-11:30am

Location: West Walker Family Centre.
NE6 3BU

Suitable for: Primary age children,
4 – 11-year-olds & Toddler 1 – 3 years

Date: Thursday 5th December

Time: 9:30-11:30am

Location: Byker Sands Centre.
NE6 2FF



The Write Turn

Pass your driving theory test with our
Foundations for Life team

Every Wednesday from 30 October for four
weeks
10am-12pm

- ★ Build confidence with reading, writing, maths and digital skills
- ★ We'll cover the fee for a provisional driving license and theory test
- ★ We'll also run sessions to prepare you for the driver's theory test
- ★ To register your interest contact one of the options below and quote "Byker Write Turn"



 0191 223 8750

 foundations@karbonhomes.co.uk

 www.karbonhomes.co.uk/contactffi

BYKER
community trust

Part of the **Karbon** family



Neurodivergent Support

Jobs & employment support for the neurodiverse in Newcastle

*Banqueting Hall, Newcastle Civic Centre,
NE1 8QH*

Wed 6th November 2:30pm – 5:30pm

*Register with this QR Code or:
workandthrive@newcastle.gov.uk
or ring **0191 277 4125***



**Work
& Thrive** Newcastle

NE North East
Combined
Authority

north east
autism society

Newcastle Autism Hubs

north east
autism society

For parents / carers of children who are on the diagnostic pathway or post diagnosis of autism.

Children must be living in Newcastle



We have the following dates available:

Nunsmoor Centre,
Studley Terrace,
NE4 5AH

04/09
02/10
06/11

Galafield Centre
Newbiggin Ln,
NE5 1LZ

11/09
09/10
13/11

Byker Sands
19 Raby Cross,
NE6 2FF

18/09
16/10
20/11

Fawdon Childrens
Centre, Cairns Way,
NE3 2SN

25/09
23/10
27/11

Supporting your autistic child workshop

The workshop will cover:

- worries and action planning
- common misconceptions
- differences in autistic children
- practical strategies to use in everyday life

These sessions will run 10-12 and must be pre-booked.

One to one appointments

These appointments are for families that have questions or would like to discuss any issues in confidence.

These appointments are available between 9-4pm and must be pre-booked.



**To book please contact Rebecca Weatherstone on
0191 410 9974 or rebecca.weatherstone@ne-as.org.uk**

The Toby Henderson Trust webinars continued:

Supporting Young People with Selective Mutism

We are pleased to offer this webinar via Zoom on Monday 21st October 2024 at 5.30pm – 6.30pm

Join us for an insightful webinar led by Julie Cota, Specialist Speech and Language Therapist, as she guides you through the nuances of Selective Mutism (sometimes known as Situational Mutism). SM is anxiety based and presents as an individual not being able to speak in certain situations, whilst being able to do so freely in others.

Autism and Mental Health Difficulties Webinar

Monday 4th November 2024 5.30pm – 7.30pm.

It is presented by child and adolescent psychotherapist Carolyn Morgan, looking at Autism and Mental Health Difficulties in Children and Young People.

The mental health needs of people with autism are often overlooked. Problems such as anxiety, depression and obsessive behaviours can be common. It is difficult to find help and support for these issues. For our young people it may be very hard for them to communicate how they are feeling.

For further information and to book a space on these webinars please visit the Toby Henderson's website:

<https://www.ttht.co.uk/training-workshops-and-events/webinars/>





PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE OCTOBER HALF TERM 2024

moneysavingcentral.co.uk/kids-eat-free



MORRISONS

Spend £5 from the hot menu and get one free kids meal all day, every day.

COCONUT TREE

One child (under 10) eats free every day
Monday 21st Oct- Sunday 3rd Nov 2024

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

YO! SUSHI

Monday 14th October - Friday 1st November 2024
kids eat free with every £10 adult spend

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

BILLS

2 kids eat FREE Mon - Fri from Monday 21st October - Friday 1st November 2024

PIZZA HUT

Free Kids buffet Monday 14th Oct - Tuesday 5th Nov daily until 3pm with code **SPOOKY**

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

IKEA

Kids get a meal from 95p daily from 11am

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.



Skills for People

Family Advice and Support Team Newsletter

If you need any further information, advice or support from our team, please get in contact with us.

How to get in touch

Skills for People

4 Glendale Terrace
Byker
Newcastle upon Tyne
NE6 1PB

Telephone: 0191 281 8737

Email: information@skillsforpeople.org.uk

Website: www.skillsforpeople.org.uk

Facebook: facebook.com/skillsforpeople

Twitter: @skillsforpeople

Facebook: @familyadvicekillsforpeople

Facebook: Pass it on Parents Newcastle

Twitter: @passitonparents

Instagram: passitonparents



If you would like a PDF copy of this e-bulletin please email Amy at Amy.mclackland@skillsforpeople.org.uk



Skills for People is an independent organisation, a company limited by guarantee registered in England under no. 3487635 and is a registered charity no. 1069993