



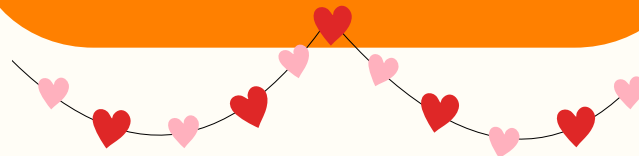
Skills for People

Family Advice and Support Team Newsletter

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



February edition



Pass it on parents coffee morning 2025 dates.



Half term events and inclusive activities for children and young people.



Training events and workshops for parents / carers.

Parent Carer coffee mornings with Pass it on Parents

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



Tuesday 18th February from 10:30am - 12:00 noon.

Location: FAR Centre, Acanthus Avenue, Fenham, Newcastle NE4 9YD.

Wednesday 19th February from 10:30am-12:00pm

Location: St Martins centre Roman Avenue Walker, Newcastle, NE6 2RJ.



Tuesday 4th March from 10:15am -12:30 pm.

Please note this is a funding morning session to complete funding grant applications. Please call admin on the number below to book a timeslot.

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

Tuesday 11th of March from 10:00am-11:30am

Location: Hadrian School, Bertram Crescent Newcastle, NE15 6YP


Wednesday 19th of March from 10:30am- 12:00 pm.

Location: Sir Charles Parsons School, Westbourne Avenue, Walker, Newcastle, NE6 4ED

We also have a Parent Carer peer support group on Facebook.

Please scan the QR code to visit the page.





SEN TENNIS SESSIONS

Delivered by our trained coaches, tailored to meet
your child's needs

When it comes to tennis, a learning disability includes
conditions such as Down's Syndrome, Asperger's Syndrome,
Autistic Spectrum Disorder (ASD) and Attention Deficit
Hyperactivity Disorder (ADHD)

Ages: 7 - 18 years

Day: Saturday

Time: 14:00 - 15:00

(£3 per session)

ASK OUR RECEPTION TEAM
OR SCAN THE QR CODE TO
SECURE A PLACE



Where to find us:

The Northumberland Club

North Jesmond avenue, Jesmond, Newcastle Upon Tyne,
NORTHUMBERLAND NE2 3JU

Need more information?

Coach: John Henderson

Email: reception@northumberlandclub.org

Phone: 01912815858



Calling all North East residents! Toon Underground - puppet parade workshops sign up is now open to individuals and families!

Find out more: <https://www.movingpartsarts.com/toon-underground>

Two weeks of free-to-access parade workshops in puppetry, costume, masks and more! Followed by a community parade on Northumberland Street in the centre of Newcastle. **Booking for our free creative workshops (8th April – 19th April) and parade places are now open.**

Toon Underground will explore the unseen and undiscovered places of Newcastle, its hidden nature and eco-system, and the ways in which we connect. We are looking for participants from all ages, backgrounds and abilities to work alongside our team of professional puppet artists and take part in a spectacular parade through Newcastle city centre.





Fully Inclusive **YOUTH GROUP**

The group aims to support and empower young people 14+ with 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.

Parents / carers / supporting individuals welcome to stay.



Development

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



Friends

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



Fun

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

SESSION DETAILS

Every Tuesday* | 18:00-19:30
Tyneside Badminton Centre | Slatyford | NE5 2TA
£3.00 per session | Includes a drink / snack
Book 6 sessions, get one free

**From June 4th (Including school holidays)*

Scan me for
more details



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 | NES 2TA

14+ YRS SESSION

TUESDAY | 6-7.30PM

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



Calling all young creatives aged 13-19!

Join Creative Studio at balletLORENT – a free weekly group where you can explore dance, theatre, filmmaking, music production, photography, costume design, and set design!
FREE open day of workshops

balletLORENT, John Marley Centre, Newcastle NE15 6TT

Monday 24 February | 10 AM – 3 PM

Free lunch and refreshments provided!

This is a fantastic opportunity to bring your artistic ideas to life with access to studios, equipment, and professional support. Limited spaces available, so book your FREE place now!

WhatsApp +44 7308 160 383 to secure your spot!



DANCE THEATRE
FILM MAKING
MUSIC PRODUCING
PHOTOGRAPHY
COSTUME DESIGN
SET DESIGN

Aged 13 to 19?

Join Creative Studio at balletLORENT

A free weekly group for young creatives living in the west end of Newcastle. Bring your artistic ideas to life with access to studios, equipment and professional support when you need it.

**FREE open day of workshops on
Monday 24 February from 10am to 3pm**

at **balletLORENT** John Marley Centre Newcastle NE15 6TT
Free lunch and refreshments provided

Limited spaces — to book your FREE place

WhatsApp +44 7308 160 383

STUDIO

balletLORENT
DANCE THEATRE

balletLORENT is a dance to inspire children the way to the creative world. We offer free workshops for young people in the city, and provide a safe place of choice, learning to perform and to create using music and words.
www.balletlorent.com

Newcastle
City Council

COMMUNITY
FIRST

February Relaxed Screenings



Daydream Cinema

Gosforth Civic Theatre

Regent Farm Road, Newcastle upon Tyne, NE3 3HD

Tuesday 25th February 2025

Relaxed Screening: Ferngully (U)

1992, Directed by Bill Kroyer.

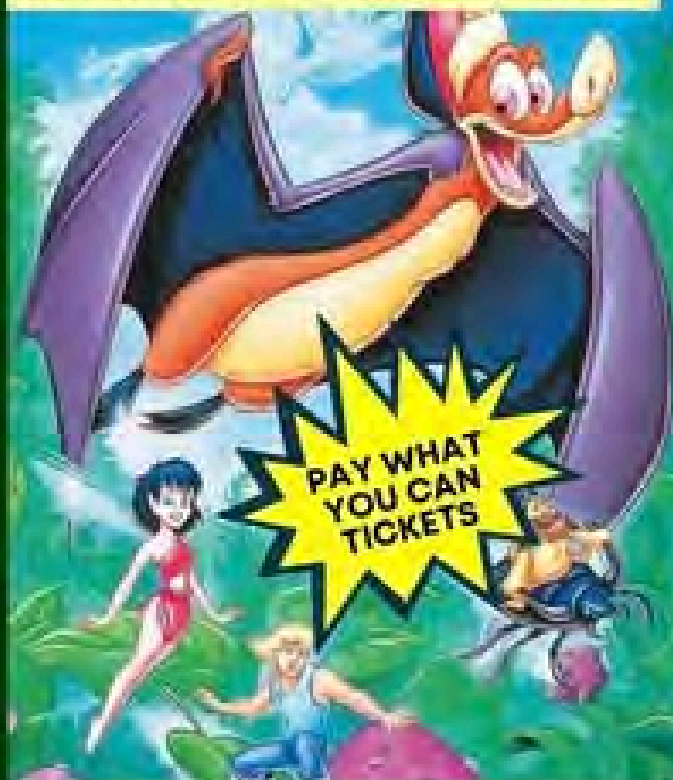
Doors open: 1pm

Film start time: 1.30pm

Film running time: 1 hour 16 minutes.

About the film:

The classic animated film and VHS family favourite from 1992. Join Crysta the Fairy and her friends as they fight to save their home. But can the magical inhabitants of Fern Gully stop the loggers and an evil destructive force from clearing the rainforest?



Welcome to our February Relaxed Cinema. Open to all, our screenings aim to be a supportive environment for audiences with a range of access requirements.



Look inside for more upcoming screenings:

Masters of the Universe
Relaxed Craft-along screening! (PG)



Fantasy A Gets a Mattress! (12+)



www.daydreamcinema.co.uk

February Half Term Holiday Activities

A range of sports, games and activities for children and young people with SEND. Siblings are welcome too!

Book now by emailing info@smilethroughsport.com or visit <https://smilethroughsport.com/whats-on/>



February Half Term Holiday Activities

Activity sessions for children with SEND.
Relaxed & friendly sessions full of sports, games
and activities to get involved in.
Siblings welcome too!



8 years plus:

**Tuesday 25th
1.30-3.30pm
Tyneside Badminton
Centre, Newcastle,
NE5 2TA
£4 pp**



3 years plus:

**Thursday 27th
10.30am- 12nn
Balkwell Community
Centre, North Shields,
NE29 7LU
£3 pp**

**Thursday 27th
1.30-3.30pm
Brockwell Centre,
Pelton Fell, DH2 2NH
£4 pp**

Book Now

info@smilethroughsport.com



@smilethroughsport



@smiletsport

Ouseburn Farm Charity Ltd

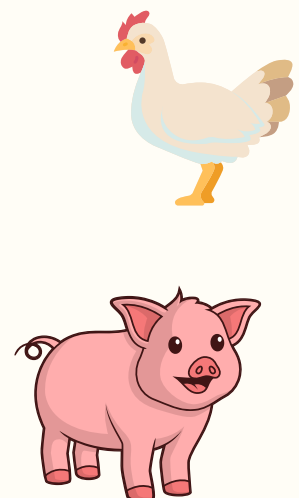
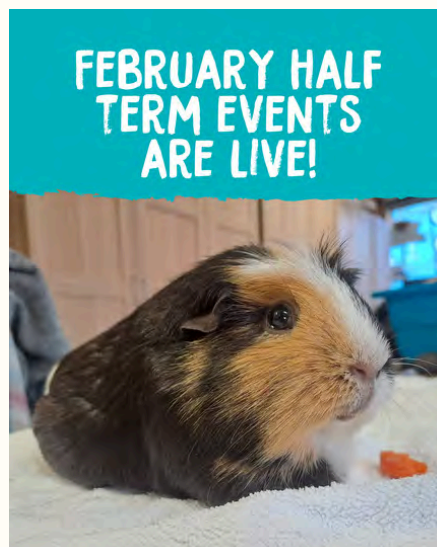
Our half term events are now open for booking!

Join us next week for:

- Small Animal Care Workshop: Learn how to care for pets, and help our Small Animal Project Worker Emma do some health checks on our guinea pigs.
- Farmers' Club: Help Richie and Karl feed the animals in the morning and get them out to the fields
- Build Your Own Pizza, using farm garden ingredients
- Animal Enrichment Toy Making: Make some interactive toys for the animals to keep them healthy, happy and active
- Sketching the Farmyard: Take a little trip around the farm with your drawing board and enjoy some time to look at all the wonderful characteristics of our animals.
- Animal Crafts with Emma: use paper plates and other materials to design and decorate your very own farmyard creatures.
- Put the Farm Animals to Bed: Bring the animals back into their pens and houses for the evening, and give them their dinner.

Details of all the workshops can be found here:

<https://www.tickettailor.com/events/ouseburnfarmcharityLtd>





February Half Term At The Tim Lamb Children's Centre



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.

WHAT'S ON FEBRUARY HALF TERM

Pathways4All

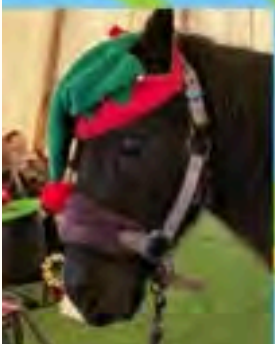
WE ARE OPEN 7 DAYS A WEEK 10-4 STAY & PLAY DURING HALF TERM. NO BOOKING REQUIRED (EXCEPT OUR SUNDAY QUIET SESSION 10-12)

MONDAY 24TH FEBRUARY 1-3PM SING & SIGN

TUESDAY 25TH FEBRUARY 1-3PM MEET JAZZ THE PONY.

THURSDAY 27TH FEBRUARY 1-3PM PINEAPPLE EXOTIC ANIMALS

FRIDAY 28TH FEBRUARY 1-3PM FOAM PARTY



FEBRUARY HALF TERM - Wednesday 26th 10-1pm MOCHII club,
St Hughs Church Gosforth, for ages 6+ (this club is advised for
low/medium needs).

£12 for 3 hours, please book in advance for this one as spaces are
limited and we need to know who is booked on beforehand.

Unfortunately due to last min cancellations a, £5 deposit is required
for our half term clubs when booking and the rest can be paid on the
day.

We will be making Pizza and Crispy Cakes however we would also
advise attendees to bring a lunch with them as well

Any questions, please email admi.mochii@gmail.com or find us on
Facebook.

Mochii

ACTIVITIES
INCLUDE:

*Pizza
making*

*Pool,
Air Hockey*

*Crispy
Cakes*

*&
Table Football*

Board Games *Arts &*
& Video Games *Crafts*

+ much more

Half Term Holiday Club

Wed 26th Feb

10am -1pm

£12

Please contact us to book in
advance as spaces are limited.



Art, Music & Movement Garden - in partnership with ARTS CONNECT
Art, Music & Movement Garden is a family friendly inclusive project running
on **Saturday afternoons.**

**This group is running fortnightly during January and February 2025: 11
& 25 January, 8 & 22 February, 8 & 22 March 2025.**

1.30-3.00pm with both Sally delivering visual arts and Jo delivering Music
and Movement during the sessions whilst we are on fortnightly winter
sessions.



Each week we alternate between artist Sally Southern and musician Jo
Templey from Arts Connect that specialises in making the arts accessible to
children with additional needs, their siblings, friends and neighbours - but all
families are welcome!

Come along and explore the Garden and join with others to make nature
inspired art using a wide range of materials and things we find around the
Garden or explore sound, rhythm and movement. We like to get inspired by
the wildlife living in our Garden with activities like bug hunting or pond
dipping, and we like to explore the changing seasons.

This is a very relaxed session, and our activities are especially designed to
meet the needs of young people with disabilities and their friends and
families. Alternatively, if you're not in the mood to make things, you can
simply enjoy exploring the Garden!

Children must be accompanied and supervised by a responsible adult.

**To book, or for more information, please contact Sally from Arts
Connect on 07808473300 or Nicky at Scotswood Garden on 0191 275 0000
or nicky@sncg.org.uk**



Join Fudge at our
**Pop-Up Hospital
Event!**

**Tuesday 25th
February 2025
10:00-12:30
13:00-15:00**

**St Nicholas
Cathedral
St. Nicholas Sq
Newcastle upon Tyne
NE1 1PF**



**Enjoy activities and
information from;**

**Tyne & Wear Fire
& Rescue!**



Radiology

Respiratory / Asthma

Harvey's Gang

Healthworks

+ many more!

**Take a look inside
our NECTAR
ambulance!**



Half term activities at the Owl Tree Children's Cafe

ALL SESSIONS MUST BE BOOKED AS LIMITED PLACES even free sessions.

to contact you can find them on Facebook or call them on:

07596 755050

or email at: info@theowltreechildrenscafe.com

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. We also aim to have drop in advice sessions.

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

THURSDAY 27TH FEB
1/2 TERM SESSION

our normal entry fees apply 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 mindful of the little ones

FURRY FRIENDS STORY PARTY

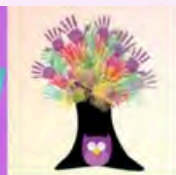


Come on a Sensory Story Adventure
Using Books, Songs, Makaton, Movement and Play!

These story sessions are perfect for under 5's and their families.
Designed for children of all abilities in mind, we will explore animals, habitats and friendship.

Where: Owl Tree Children's Cafe, Coxlodge, NE3 3XH
When: Tuesday 25th February
Times: 10am and 11.30am
Tickets: £6 per family
Please book directly at theowltreechildrenscafe.co.uk

Bring along your favourite teddy!



Half Term drama!

So we've teamed up with our faves at Celebration station and secured some funding to bring you some FREE, yes FREE drama games and activities in half term. Creative expression and fun as a given.

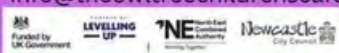
BOOK NOW to secure your space.

Monday 24th February

10am to 11am - 2 to 5 years

11.30 - 12.30 - 6 to 11 years

message us on our socials or by email to secure your space - info@theowltreechildrenscafe.com



Free DJ skills workshop



WEDNESDAY 26TH FEB

10.30 - 1PM

FREE DJ WORKSHOP AT THE OWL TREE CAFE.

SUITABLE FOR AGES 9 - 13YRS

MESSAGE US TO RESERVE A SPACE

FUNDED BY



Art festival and fun day at The Haven,
Hazelwood avenue NE3 3RX.
No booking required, just turn up.

Arts Festival & Fun Day

Thursday 27th February
The Haven
11am until 2pm



Showcase of Kenton
Community Art

Professional Artist Workshop



Arts and crafts activities provided
by....



Inspire Youth
Action for Children
Owl Tree Café
NE Youth
On the Up

Free Snacks



Suitable for all ages



The artwork on display is part of Newcastle Arts
Development Teams Residency Programme
2024/25 celebrating art in the community.

children & families



Newcastle
City Council



No need to book
Just turn up.

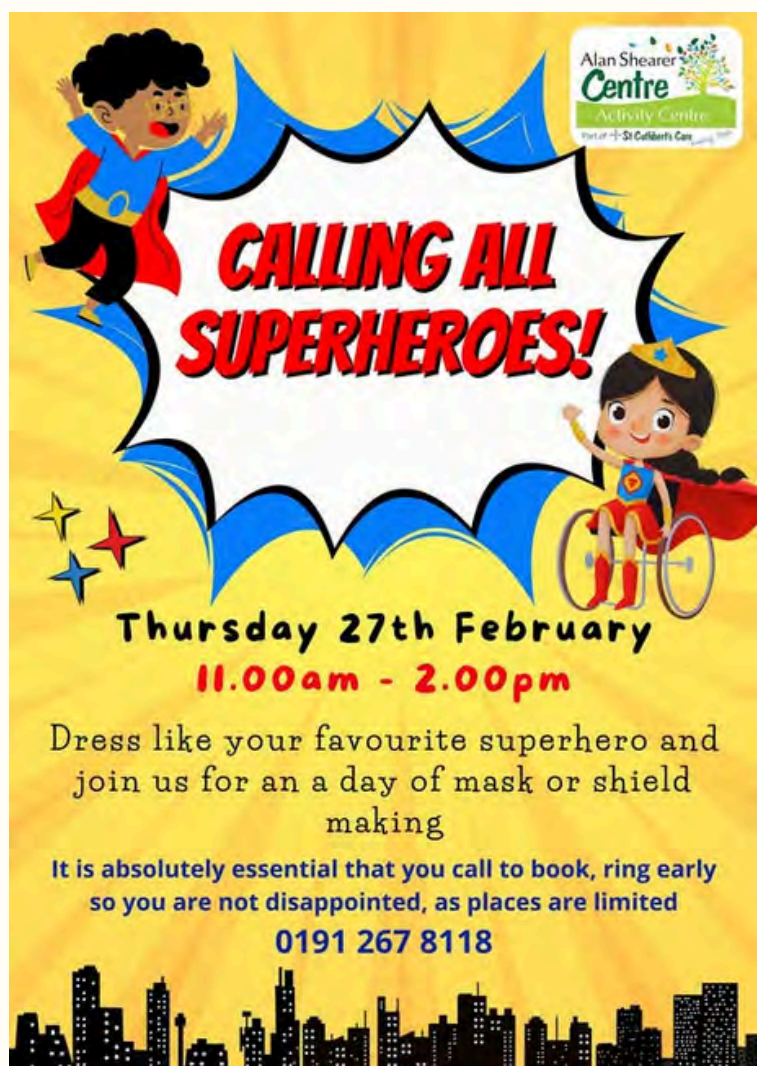
The Haven
Halewood Avenue,
NE3 3RX

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.



Alan Shearer Centre
Activity Centre
Part of St Colville's Care

CALLING ALL SUPERHEROES!

Thursday 27th February
11.00am - 2.00pm

Dress like your favourite superhero and join us for an a day of mask or shield making

It is absolutely essential that you call to book, ring early so you are not disappointed, as places are limited

0191 267 8118

The poster features a yellow background with a blue and red superhero character flying on the left and a superhero character in a wheelchair on the right. A city skyline is visible at the bottom.



Alan Shearer Centre
Activity Centre
Part of St Colville's Care

Rockpool School

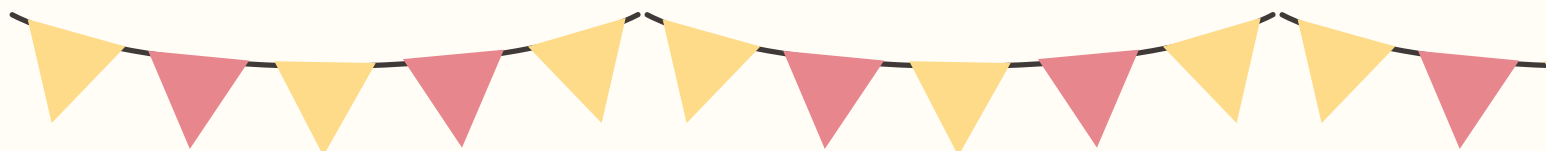
Wednesday 26th February
2.00 - 3.00pm

Learn about rockpools. See, touch and get to know the creatures.

It is absolutely essential that you call to book, ring early so you are not disappointed, as places are limited

0191 267 8118

The poster features a blue background with a red crab, a yellow starfish, and a blue wave. A pink starfish is at the bottom left.



Relaxed Screenings

Mufasa at Vue cinema Cramlington and Gateshead Sunday 23rd February, start time: 10:30 am. Autism friendly and audio description available. Part of the CEA scheme.

Captain America: Brave New World at Cineworld, The Gate Newcastle, Saturday 1st March 2025 at 11am.

Dogman at the Odeon Metrocentre and Silverlink on Sunday 9th March at 10am

Free Family film club with Star and Shadow cinema.

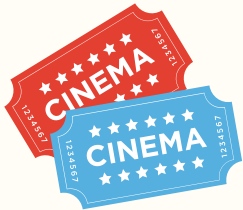
Saturday 22nd February
11:00am-1:00pm

No need to pre-book—just turn up and let us take care of the rest! The film is a mystery until showtime, but we promise it'll be pure magic. Please note this is not a specific relaxed performance.

A colorful poster for the Star and Shadow Cinema Family Film Club. The poster features a central globe with a film strip around it, and various icons like a camera, a film reel, and a film strip. Text on the poster includes "STAR AND SHADOW CINEMA PRESENTS", "FAMILY FILM CLUB", "FREE CINEMA ENTRY", "U PG", "The Last Saturday of Every Month @ 11am", and "WWW.STARANDSHADOW.ORG.UK". At the bottom, there is a white box with the text "Saturday 22nd February 11am" and the website "www.starandshadow.org.uk".

STAR AND SHADOW CINEMA PRESENTS
FAMILY FILM CLUB
FREE

CINEMA
FREE PDS
ENTRY
U PG
The Last Saturday of Every Month @ 11am
WWW.STARANDSHADOW.ORG.UK
Saturday 22nd
February
11am
www.starandshadow.org.uk



Check out this lovely event with Deaf Rave: Newcastle Deaf Fest at Newcastle Contemporary Art, 39 High Bridge, Newcastle upon Tyne NE1 1EW, on Saturday, 8th March 2025.

Event Details:

Daytime Workshops (Free)

14:00-15:30 for ages 7+

15:30-17:00 for ages 12+

Spaces are limited to 10 children per session, with a parent/guardian required to attend with their child.

Night time Event

19:00-23:00 for ages 18+

All activities are designed to be fully accessible to both Deaf and hearing attendees, with BSL interpreters and visual aids throughout.

You can book tickets for the workshops here:

<https://deafraveworkshops.eventbrite.co.uk>

And for the night time rave here:

<https://newcastledeafrave.eventbrite.co.uk>



DEAF RAVE

8TH MARCH 2025

£8 TICKETS
£6 CONCESSIONS

OR

PAY WHAT YOU FEEL

LIVE PERFORMANCES
DJ WORKSHOPS
PERFORMING ARTISTS
SIGN SONG + MORE!

14:00 - 15:30 - WORKSHOP 7+
15:30 - 17:00 - WORKSHOP 12+

EVENING EVENT
19:30 - 23:00

NEWCASTLE CONTEMPORARY ART, 39 HIGH BRIDGE,
NEWCASTLE UPON TYNE, NE1 1EW.

SCAN FOR RAVE

SCAN FOR WORKSHOPS

SURFACEAREA NEWCASTLE CONTEMPORARY ART AlphaTheta WOOFER

ARTS COUNCIL ENGLAND

DEAFRAVE.COM
SURFACEAREA.ORG.UK



Fantastic, free, family event in Byker this half term:

Step into a cosy marquee inspired by delicate snowdrops, take off your shoes and experience a play installation that celebrates new beginnings. We invite you to crawl, hide, listen, relax, explore and make.

A celebration of light, music, and togetherness as Hadrian Square transforms in to a haven of fun.

Location: Hadrian Square, Byker NE6 1AL
(outside East End Pool).



THURSDAY 27 February 2025

12:00-13:00 - 'Mamas and Babas' - Movement class for Mums and little ones (0-4yrs) A mix of gentle movement, yoga and pilates inspired stretches lead by Holly Irving.

13:00-16:30 - Open Play in the installation - all ages (Pop up fun with Amy from Cherry and Bee).

16:30-17:00 - Installation closes for band set up

17:00-17:30 - Watersmeet - local acoustic folk duo Jessie Howard and Anna Hughes (featuring dance improv by Lila Naruse).

18:00-19:00 - Crane House - local five piece band delivering original alt-folk and dreamgaze music.



FRIDAY 28 February 2025

10:00-11:00 - Neurodiverse play session in the installation - a quieter, more relaxed session time (all ages).

11:00-12:00 - 'Move and Groove' - A movement and dance class with Benedicta Valentina (suitable for ages 2-6yrs and their parents/guardians).

12:00-13:00 - 'Writing Remedies' - A creative writing workshop lead by Bethan Kitchen (suitable for adults and young adults).

13:00-16:30 Open Play in the installation (all ages)

16:30-17:00 - Installation closes for band set up

17:00-17:30 - Bradley Creswick - internationally acclaimed violinist accompanied by David Murray (and featuring dance improv by Lila Naruse).

18:00-19:00 - Ladies of Midnight Blue - Powerful and upbeat Afro-Latin percussion and brass duet comprised of Hannabiel Sanders and Yilis del Carmen Suriel.



Every week **Gosforth Civic Theatre** has great activities for up to 18-year-olds (up to 24 if you have additional needs), from a Gospel choir to contemporary dance.

SEND Contemporary Dance

Wednesdays during term time, 4pm - 5pm, free.

Our Contemporary Dance Class is open to young people with learning disabilities who enjoy dance, all you have to do is turn up! Led by a qualified contemporary dance teacher, beginners contemporary is perfect for those wishing to attend a fun class which will leave you feeling energised, inspired and worked out! For ages 14 - 24 years. Delivered by GCT.

North East Deaf Youth Theatre

Third Saturday every month,
9.30am - 11.30am, free.

Designed for deaf children and young people aged 5 - 12 years, North East Deaf Youth Theatre explores all aspects of theatre-making including, creative writing, storytelling, acting, lighting and backstage skills to create group productions to share with friends and family. Delivered by Unfolding Theatre.

GCT Gaming Social

Tuesdays during term time, 4.30pm - 6pm, under 11s ; 6pm - 8pm, 12-18s, Free or pay what you can per term.

Contact info@gosforthcivictheatre.co.uk for more info.

The Gaming Social is a weekly gaming drop in for young people to socialise and mix in a relaxed environment. Gaming Social is a place where gamers can come together to play our huge range of consoles with your friends. Under 11s must be accompanied by an adult. Delivered by GCT.



Curious Youth Music

Every other Tuesday during term time, 5.30pm - 8.30pm
12-19yrs, Free.

Contact youth@curiousarts.org.uk for more info.

Curious Youth Music is a group for LGBTQIA+ musicians and aspiring producers aged 12-19. Led by Curious Arts, Curious Youth Music is an inclusive session to share your passion for music with fellow music fans. Come along to our meet-ups and have jam sessions, develop your song writing and work with professional musicians. Delivered by Curious Arts.

Baltic Centre for contemporary art

Take a magical journey into the world of symbols and meaning this February Half Term with five days of free activities, games, storytelling and workshops inspired by Mani Kambo:

Some of the free activities taking place from Wednesday the 26th of February - Sunday 2nd March at the Baltic.

- Drop In Leap the Look Interactive Exhibition & Early Years Play
- Drop In Cereal Disco with free Breakfast, Hot Drinks for Grown Ups, Disco and Makaton Signing
-  Drop In Sign Making Workshop 
-  Drop In Create a Happy City Activity
- Drop In Child-Friendly Wander & Wonder Gallery Tour
- Drop In Spring Cross Stitching
- Drop In Mindfulness Therapies Sessions
-  Drop In Poetry Workshop 
-  Drop In Interactive Storytelling Session
- Drop In Language Cafe
- Drop In Big Days Out Bingo (using signs and symbols instead of numbers). A quieter version of the game will also be available.
- Drop In Artist-Led Workshop for 5-12 Year Olds

For more information about these activities please visit the Baltic's website at: <https://baltic.art/whats-on/> or see the link below:

Love Your Language Day

Celebrate your Mother Language with story times and crafts.
Suitable for the whole family - free, drop in.

- 1pm: اردو (Urdu)
- 1.20pm: **Polski** (Polish)
- 1.40pm: **Deutsch** (German)
- 2pm: **Español** (Spanish)
- 2.20pm: عربي (Arabic)
- 2.40pm: **Türkçe** (Turkish)
- 3pm: **Scots**
- 3.20pm: 普通话 (Mandarin)
- 3.40pm: **Ελληνικά** (Greek)

City Library
Monday 24 February
1-4pm



Newcastle Libraries



Love Your Language: Celebrate your
Mother Language at City Library
A fun, family-friendly celebration of
language, storytelling and world cultures:

Gather round for special multi-lingual story
times

Get creative with arts and craft activities
that celebrate language.

This is a free, drop in session - no need to
book, just turn up!

If you have any questions about this event,
contact information@newcastle.gov.uk



POSITIVE BEHAVIOUR SUPPORT WORKSHOPS

Are you ever worried about your child's behaviour and aren't sure how best to help?

Do you want to better understand their needs and support them through those tricky times?

These workshops help parents think about strategies and to come up with a plan that focuses on a good life for your child and your family.

NEWCASTLE

Tuesday 29th April, 6th and 13th May
10am - 2pm

Skills for People, 4 Glendale Terrace, Byker, Newcastle
NE6 1PB

Booking is essential. Please note you need to attend all 3 days of the course.

I wish it was available to all parents.

I loved hearing other people's stories about their own families!

I felt valued and supported.



If someone in your family is **under 18**, and is **autistic**, has a **learning disability** or is **waiting for a diagnosis** of autism or a learning disability, please come along.

To **book your place**, get in touch with **Skills for People** and ask for the **PBS team**.

Tel: 0191 281 8737 or e-mail:

information@skillsforpeople.org.uk

Children and Families Newcastle, North

SEND Parent & Carer Support Group – Guest Programme

Join us for our upcoming SEND parent and carer support sessions at Great Park Community Centre! These sessions provide a fantastic opportunity to connect, share experiences, and hear from guest speakers.

Upcoming Dates & Guests:

Monday 3rd February – Children North East

Monday 3rd March – Skills for People

Monday 7th April – Daisy Chain

Time: 10:00 AM – 11:30 AM

Location: Great Park Community Centre, Roseden Way, NE13 9BD

No need to book – just turn up!

Guest Programme

SEND parent and carer support group



Monday 3rd February

Children North East



Monday 3rd March

Skills for People



Monday 7th April

Daisy Chain



Time?

10am to 11:30 am

Where?

Great Park Community Centre Roseden Way
NE13 9BD

No need to book - just turn up!





2025

Programmes for parents and carers

The
Incredible
Years

Incredible years programmes offer support and guidance around behaviour and routines for parent and carers.

Autism and speech delay course - 2-5year Every Monday starting 20th January 10 – 12 at at Byker Sands family centre, 19 Raby Cross, Ne6 2FF.

Babies 0 – 6 months (unborns welcome) Every Tuesday starting 14th January 10am – 12 at at Byker Sands family centre, 19 Raby Cross, Ne6 2FF.

Toddlers and pre-school – aged 1 – 6 years Every Wednesday starting 15th January 10am – 12 at West walker Centre

School age - aged 6 - 12years Every Friday starting 24th January @ Benton Park Primary school 9.15am- 11.15 Between 8–14 week programmes

- Feedback from parents who completed a programme in 2024!
- ★ Enjoys the Social aspect, meeting other people and not feeling alone (babies programme)
 - ★ Learning about soothing techniques (babies programme)
 - ★ It was really enjoyable and I really found the sessions helpful (school age programme)
 - ★ It was really helpful course and gave a very good support to my parental journey (school age programme)
 - ★ A really informative course and the advice really has an impact (SAL delay and Autism programme)



Scan the QR code to complete our online request form.

Contact Details: Parenting Programme Team Tel: 0191 2759636 Email: parentingprogrammes@barnardos.org.uk

To request a space on any of our programmes please complete the online form:-
https://barnardosforms.formstack.com/forms/parenting_programme_request_form



2025

Programmes for parents and carers



Sleep success workshops (3hour session)

28th January 10am – 12 at Galafield centre, Newbiggin Lane, NE5 1LZ

12th February 1pm – 4pm at Charlton Street Hub, Lemington, NE15 8RR

27th February – 12.30 – 3pm at Byker Sands family centre, 19 Raby Cross, Ne6 2FF



Strengthening Families programme is for families with children aged 7- 17 and helps Build life skills for young people, build parenting skills and make family relationships stronger.

Parents and young people work separately and together

Every Thursday starting 16th January 4.30pm – 6.30pm at Byker Sands family centre, 19 Raby Cross, Ne6 2FF.

For 12 weeks

- ★ Really helpful and practical - thank you
- ★ Very informative, especially regarding sleep foods.
- ★ its been really helpful to discuss the issues i face with someone about my child not sleeping
- ★ Friendly approach, tailored to our needs
- ★ I think it was good to spend time listen to other parents but also discuss it in the light of research with someone who knows.
- ★ Really helpful and some good ideas I will use.
- ★ Have enjoyed the sessions, it has helped me communicate better with my son
- ★ It was a great session and I learnt quite a lot from it. The teachers were great, too.
- ★ Really helpful. also to talk to parents in similar situations.

For more information on any of our programmes visit:-
<https://childrenandfamiliesnewcastle.org.uk/parenting-support>



Scan the QR code to complete our online request form.

Contact Details: Parenting Programme Team Tel: 0191 2759636 Email: parentingprogrammes@barnardos.org.uk

To request a space on any of our programmes please complete the online form:-
https://barnardosforms.formstack.com/forms/parenting_programme_request_form



FREE COUNSELLING SERVICE

Choice Wellbeing Service offer a **free to access** counselling service for parent carers across the city.

These 1:1 sessions are free to attend, are easy to book, and can be via face to face, zoom/teams, or via the phone.

The sessions are non-judgemental, confidential, and person-centred.

@Choicewellbeingservice

Read More

Choice Wellbeing Service CIC offer FREE counselling for parent carers across the North East. They are 1:1 sessions which can be via face to face, Zoom/Teams or by the phone.

To access this service, you would first see one of their holistic practitioners for a triage appointment.

If you'd like to access the service please visit their website at www.choicewellbeingservice.org/services, or use their referral link below:

Contact - For families with disabled children

Contact have put together some NHS information on sensory integration activities, meeting both vestibular and proprioceptive needs, with some ideas on how to meet those needs.

We understand that during half term, regulation can be key in managing with the lack of routine.

Our vestibular system is responsible for our sense of balance and movement. Vestibular activities can be calming and organising, they help with concentration and attention, build up strength and core muscles, and helps with coordination.

Our proprioception is responsible for our body awareness and position in the space around us. Proprioceptive activities are known to release serotonin into the body, they can also be calming and regulating.

contact For families with disabled children

Activity Ideas

Proprioceptive Input

- carrying/pushing heavy objects
- build an obstacle course at home
- crawling or wheelbarrow walking
- pushing an adult in an office chair
- pulling or pushing a sibling on a scooter or in a box
- musical instruments; eg drumming, Boom whackers, percussion
- push ups/chair/wall push ups
- hanging from monkey bars
- jumping in place, on a trampoline or on a bed
- running or biking (better up hill)
- lying on your tummy propped on elbows
- activities that involve a 'workout' for the mouth; eg chewing, crunching, sucking, blowing games



*Information from NHS website



contact For families with disabled children

Activity Ideas

Vestibular Input

- Swings – linear or rotation
- Sitting in a Rocking chair
- Gaming style floor chair
- Spinning chair
- Balance board
- Yoga – especially inversion poses
- Hanging upside down
- Interactive games that have rocking actions e.g Row, Row, Row your boat
- Swinging in a hammock
- Riding a push toy/bike/scooter – downhill increases the input
- Walking across balance beams or equivalent
- Skipping
- Running
- Paddle boarding
- Kayaking



*Information from NHS website



For further information and advice around this please visit Contact's website at:
<https://contact.org.uk/>

Ouseburn Farm Charity

This term we are offering free drop-in sessions for job-seekers every Thursday from 10am -2pm during term time as part of our fantastic Supported Volunteering project!

The first drop-in session is Thursday 30th January from 10am - 2pm, and will focus on the Five Ways to Wellbeing and how to incorporate them into your life. Our hands-on farm workshop will support you to connect with others, get active, learn new skills, embrace mindfulness, and give back to the community in a meaningful way.

These fun and supportive sessions are for anyone age 16+ who is currently unemployed, lives north of Tyne and who would really benefit from some extra support due to a mild or moderate learning disability, anxiety, mental health concern, or other difficulty.



Other upcoming drop-in sessions will be:

6th Feb: Caring for Small Animals

13th Feb: Animal Enrichment

27th Feb: Livestock Experience Day

6th March: Food Growing

13th March: Reptile Week

20th March: Caring for Green Spaces and Wildlife

27th March: Livestock Experience Day



Further details about all of the drop-in sessions can be found here:

<https://www.ouseburnfarm.org.uk/vacanciesandvolunteering> We will also be posting about each session over the next couple of months.

For more information or to sign up to one or more workshops contact our Volunteer Coordinator, Sarah, on sarah.smith@ouseburnfarm.org.uk or call 0191 232 3698.



Online Workshops for individual employers and those receiving direct payments around 'Being the Boss'.

We know that boundaries as a Direct Payment Employer can be a grey area and difficult to manage.

We would really like to welcome you to our workshop on February 26th at 1.00pm to 3.00pm and the 6th of March at 1:00pm-3:00pm.

please do let us know what you would like to know more about below when it comes to Baggy Boundaries and difficult situations.

For more information and to book the sessions please email:
karen@bringingusstogether.org.uk

Being the Boss

Workshops for Individual Employers and those receiving Direct Payments

A series of FREE online sessions on Zoom delivered by Anne Pridmore and the Bringing Us Together team, supported by Adult Social Care Warriors.



We welcome you to our sixth online Zoom workshop:

• Difficult Situations

Wednesday 5th March at 1.00pm to 3.00pm

Learn together and meet other people who employ Personal Assistants/Carers

How many of us have had to cope with tricky situations in our lives with no one to vent to or bounce off ideas with? Being an employer can be a lonely place with no text book for advice.

Difficult situations are a part of life.

When we are employers, they can happen more frequently and sometimes they can lead to conflict. Knowing how to prevent conflict, de-escalate tricky situations and be more effective at defusing conflict when it happens are great skills to have.

In this session we will be looking at ways to do this, including developing skills in non-violent communication, so we are able to resolve misunderstandings and disagreements constructively. We will look at different scenarios and find ways to cope so we stay in control.

for info and booking email: karen@bringingusstogether.org.uk



ADULT SOCIAL CARE WARRIORS



Being the Boss

Workshops for Individual Employers and those receiving Direct Payments

A series of FREE online sessions on Zoom delivered by Anne Pridmore and the Bringing Us Together team, supported by Adult Social Care Warriors.



We welcome you to our fifth online Zoom workshop:

• Baggy Boundaries!

Wednesday 26th February at 1.00pm to 3.00pm

Learn together and meet other people who employ Personal Assistants/Carers

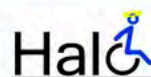
We know from experience that boundaries can be blurred due to the intimacy of employing our own staff, for many of us our boundaries can become very 'baggy'.

This session will include discussions on the following:

- What boundaries are
- Why boundaries are important
- Sharing ways of setting boundaries
- How to best hold and reinforce boundaries when they are challenged or ignored by others

We will be focussing on key personal issues such as self-respect, healthy relationships and creating a sense of safety in our lives.

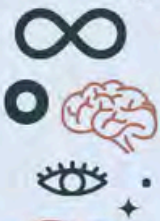
for info and booking email: karen@bringingusstogether.org.uk



ADULT SOCIAL CARE WARRIORS



Supporting Your Journey: Autism Courses for Empowered Parenting 哲老师带你认识自闭症，探索孩子的内心世界



18/02 10-12PM

理解孩子的需求

UNDERSTANDING YOUR CHILD'S NEEDS



04/03 10-12PM

认识大脑的奥秘

GETTING TO KNOW THE BRAIN: UNDERSTANDING UNIQUE
WAYS OF THINKING



18/03 10-12PM

掌握特殊教育

WHAT IS SPECIAL EDUCATION



三个课程带你进入孩子的大脑，解码你不了解的行为，学习如何为孩子打造学习支持团队。课程象征式收费 全数捐到基金会

这个讲座是用普通话讲解. 它是免费的. 家长可以报名到Skills和其他家长一起参加这个网上讲座. 如果有的家长想参加但不能来Skills, 我们会发一个Zoom 连接给你. 你可以在家或工作地方参加这个讲座. 如需报名或需要进一步信息, 请

联系 Lucy Liu at: Lucy.Liu@skillsforpeople.org.uk 或给 Lucy 打电话 on: 07551156960.

Skills for People, 4 Glendale Terrace, Byker, Newcastle Upon Tyne, NE6 1PB.

These sessions are free and will take place in person or parents / carers can join online through Zoom. To book these sessions or for further information please contact Lucy Liu at:

Lucy.Liu@skillsforpeople.org.uk or call Lucy on: 07551156960



Please note this course is translated for Mandarin speaking parents / carers.



URetreat

NEW RETREAT DATE

Monday 3 March 2025
Lumley Castle, DH3 4NX

Free day for carers and people who have been bereaved.

Lunch and Refreshments provided.

To book a space or for further information email
Uretreat1@gmail.com or call 07541 637706

We are pleased to announce our first U Retreat of the year on Monday 3 March 2025 at the lovely Lumley Castle.

We are doing something new , we have Chris at Unlocking Better, a motivational speaker coming to get us to think positively and motivate ourselves followed by a yoga session to stretch and unwind with Bethany at Wave Yoga Therapies (no experience necessary!).

To book a place or for more information please email us at uretreat1@gmail.com or call 07541637706.

Please share this information with any carers or bereaved who would benefit from a day of relaxation and quality time to recharge.

We look forward to hearing from you.

Sam McKeown and Ruth Prested Educational Psychologists are running the **'Teen Life' programme** this Spring. This is a 6 week programme for parents/carers of children and young people with Autism who are in year 6 or in Secondary School.

The programme will be held on Thursday mornings, 9.30am until 12.15, at the Civic Centre in central Newcastle, 6 weeks consecutively. The programme begins on **Thursday 27th March**.

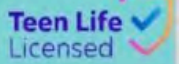
To apply for the course parents/carers just need to complete an online application form please see link below:

If parents/carers would like to know more before applying they are welcome to contact us on the teen life email: teenlife@newcastle.gov.uk

Newcastle Educational
Psychology Service



TEEN LIFE



Are you a parent or carer of an autistic young person? Would you like to know more about supporting them through their teenage years?

What is Teen Life?

- The Teen Life programme is licensed by the National Autistic Society.
- It is for parents and carers of young people aged 10-16 who have an autism diagnosis.
- Families who attend the sessions are able to invite a supporting professional.
- Teen Life aims to empower parents, carers and professionals to understand more about how autism is experienced by autistic teenagers.

Is Teen Life for me?

- Teen Life runs over 6 weekly sessions held at the Civic Centre in Newcastle.
- Sessions are small, with a maximum number of eight families in attendance.
- Topics covered include: stress & anxiety, puberty, education and planning for the future.
- Applications will be welcomed from parents and carers of autistic young people in Years 6-11 who attend a Newcastle School.



Ruth Prested
Specialist Senior Educational
Psychologist for Autism and
Teen Life Licensed User



Samantha McKeown
Educational Psychologist and
Teen Life Licensed User

If you would like to apply for the Teen Life Programme or would like further information, please email :

TeenLife@newcastle.gov.uk





PLACES WHERE KIDS EAT FREE (OR FOR £1) FEBRUARY HALF TERM 2025



moneysavingcentral.co.uk/kids-eat-free

MORRISONS

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

BILLS

Kids eat free Mondays - Fridays from Monday 17th - Friday 28th February 2025.

PRETO

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

ASDA

Kids eat for £1 Daily at Asda cafes, with no adult spend required.

LAS IGUANAS

Download the app and join 'My Las Iguanas' for free meals for mini Iguanas under 12.

WHITBREAD INNS

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

BEEFEATER & BREWERS FAYRE

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

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day

IKEA

Kids get a meal from 95p daily from 11am

BURGER KING

From Friday 14th - Friday 21st Feb 2025, Kids Eat Free with every adult meal purchased via the app.

ZIZZI

From Monday 17th February until Sunday 2nd March 2025 kids eat free at Zizzi

COCONUT TREE

One child (under 10) eats free every day Monday 10th - Sunday 23rd February 2025

SAINSBURYS CAFES

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

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Sun to Weds. All Day Thursdays

HARVESTER

From Monday 10th - Friday 28th Feb 2025, kids eat for £1 with every adult meal via the app

TABLE TABLE

Two children under 16 get free breakfast daily with one paying adult!

PAUSA CAFE @ DUNELM

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

BREWDOG

Pre-book online using code: **KIDS EAT FREE** and Kids under 13 eat free (various dates, see link)

HUNGRY HORSE

Kids eat for £1 on Mondays

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

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