



A Favourite  
**View**  
The Angel  
Of The North



Newsletter November 2023 • **Gateshead Edition**  
News and information from Active Families North East & your local community

# Hiya Gateshead

## How's it gannin' pet?

We hope you're all doing well as we head into the final stretch of 2023. What a year it has been! A year of dancing, moving, exercising and many, many cups of tea (and biscuits). Our Well Bean Machines have travelled right across the region, bringing exercises and friendship to you and we've loved every minute.

If you're looking to take part in one of our many classes over November, your full timetable is on the next page. As 2023 draws to a close, we'd also love to hear from you. Please email us at [info@activefamiliesne.co.uk](mailto:info@activefamiliesne.co.uk) with your feedback and thoughts about our classes and instructors as your opinions really matter.

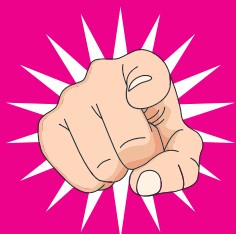
### Update in Numbers

Now that we're in November, we thought it would be good for you to hear a little update about us!

At least 250 different people are taking part in our activities every week.

More than 50 sessions running across the North East each week.

Over 10,000 biscuits purchased since February to go with our cuppas.



## Calling All Instructors...

Due to expansion across Sunderland, Gateshead, South Tyneside & Newcastle, we are looking for qualified level 3 and level 4 coaches who have experience in delivering programmes and classes such as *Seated Exercise For Older Adults*, *GP Referral*, *Falls Prevention*, *Weight Management* & *Group Exercise*. Are you looking for a new challenge in 2024 and would you like to join the award-winning Active Families team? If so, please send an introductory email and CV to [kelly@activefamiliesne.co.uk](mailto:kelly@activefamiliesne.co.uk). Active Families North East offer competitive rates of pay and are an accredited Living Wage UK employer.



# What's on with Active Families North East in Gateshead.



## Class Timetable November 2023

### MONDAY

- 10am Active Forever (FREE)**  
Bensham Grove Community Centre, Sidney Grove NE8 2XD
- 10am Active Forever (FREE)**  
Barley Mow Village Hall, Bedford Ave, Birtley DH3 2AJ
- 12noon Mission To Mobility (FREE)**  
Hope Community Church, Denewell Avenue, Lowfell, Gateshead NE9 5HD
- 1pm Active Forever (FREE)**  
Whickham Community Centre, Front Street, Whickham NE16 4JL

### WEDNESDAY

- 10am Active Forever (FREE)**  
Deckham Family Hub, Elgin Centre, Elgin Road, Gateshead NE9 5PA
- 11.30am Active Forever (FREE)**  
Teams & Bensham Community Care, Bolam Street NE8 2TR
- 1.30pm Active Forever (FREE)**  
The Salvation Army, Tennyson Court, Sunderland Road, Gateshead NE8 3EY

### THURSDAY

- 11am Bowls 4 Health (FREE)**  
Teams & Bensham Community Care, Bolam Street NE8 2TR

### FRIDAY

- 1pm Mission To Mobility (FREE)**  
Barley Mow Village Hall, Bedford Ave, Birtley DH3 2AJ



# Community News & Information

To advertise your community organisation or event on this page, please email [amy@activefamiliesne.co.uk](mailto:amy@activefamiliesne.co.uk) for more details.

**Every Monday from 2<sup>nd</sup> October 11:30 to 1:00pm.**

Choice of soup and bun plus, tea, coffee, juice and biscuits. Did you know the Family Hub is for everyone so why not come along and make new friends.

For more information contact: Chowdene Family Hub  
Waverley Road, Gateshead, NE9 7TU  
Tel :0191 433 5052  
Email : [familyhubs@gateshead.gov.uk](mailto:familyhubs@gateshead.gov.uk)

**EXERCISE CLASSES FOR OVER 50'S**

CLASSES INCLUDE:  
**DANCERISE • PILATES  
STRENGTH & BALANCE  
STRONG & STEADY  
£4 PER CLASS**

**TO JOIN RING EMMA ON 07963048179**

[www.pilatesandyogastudio.co.uk](http://www.pilatesandyogastudio.co.uk)

**Men's Groups**  
Mondays & Thursdays  
in Gateshead

There's always a warm welcome at our centre on Bolam Street, Teams. We have all of the facilities available to ensure that local gents, aged 65+, have a great day out.

**Services**

- Mid Morning to mid afternoon
- Two course lunch
- Refreshments & baked goods
- Activities
- Door to door minibus in central & inner west Gateshead

**0191 460 0297**

**FREE Service**

# Readers at Home

Bringing your local library to you!

**How does it work?**

Sit back and relax and each month we'll deliver your selection of books, large print books or audio books, free of charge, directly to your door. We also deliver to sheltered accommodation and residential care.

**For more information and to sign up please visit**  
[www.gateshead.gov.uk/readersathome](http://www.gateshead.gov.uk/readersathome)  
or call Gateshead libraries on 0191 433 6415.

bringing words to life!  
Gateshead Libraries



**STARTING IN NOVEMBER AT  
Deckham Family Hub • NE9 5PA**

## Low impact exercise class This is Active Forever

Seated or standing, this class is great fun and will help you improve your strength and balance. And it's a great opportunity to meet new people and have a chat.

**Wednesdays 10am-11.30am**  
First class Wednesday 1<sup>st</sup> November  
Free & refreshments included



*"The exercise has done me the world of good in every way. Meeting new and old friends and I'm feeling much fitter. The instructors really understand my needs and help me in every way."*





## Christmas is coming!

Festive jumpers at the ready, our Christmas party is here! Back at same venue as last year.

Friday 22nd December • 12-4pm  
The Alexandra Steakhouse, Queen Alexandra Road, Sunderland SR2 9PF

Tickets £20 per person and includes Christmas lunch, live entertainment, games, lots of laughs and much more. Reserve your space in class now as spaces are limited.



## Darker Nights

We know with the darker nights being here now, it's harder than ever to maintain healthy habits and keep on top of your mental wellbeing. So here are a few tips for keeping well during the darker days.

**Light up your house** - having lamps on especially with warm lighting can help you create an ambient cosier space, bringing extra light into your space. Candles are also great for this.

**Vitamin D supplements** - a lack of vitamin D is a real problem with us in the UK and especially up North. Having some supplements on hand can help with your immune system and regulate your mood.

**Exercise** - you know us, talking about the benefits of movement! But doing some exercise during the day can dramatically help your wellbeing, it combats tiredness and releases those feel-good endorphins.

**Stick to routines** - shorter hours of sunlight can feel like shorter days but it's important to stick to your routines so you don't reduce your energy. Waking up at a reasonable time, taking a walk and doing exercise three times a week can help keep your mind and body active.

## Let's Get Moving



### Lower Back Stretch

This improves the range of motion in your spine and trunk. It increases your ability to bend and reach low or high.

1. Stand with your feet shoulder width apart. Place hands on your hips with palms against your bottom. Inhale through your nose.
2. Arch your spine backward. Hold for 10 seconds, then return to the start position. Rest and then repeat if you feel able.

**Tip - Inhale before starting the movement. Exhale during the backward movement phase.**



Scan the QR code with your smart phone to do some strength exercises with Jack, one of our instructors.



## Good News Feed

Shaun the Sheep auction raises £195,400 for Newcastle Hospice. The hand painted sheep acted as an art trail around the city's landmarks with the one based outside St James' Park selling for £11,000.

## Flu Season Tips

As we head into Winter, getting your flu jab is really important. Make sure to book in for one at your local GP or have a look if your local chemist are providing them.

Here are a few other reminders:

- Wash your hands often with warm water and soap.
- Cover your mouth and nose with a tissue when you cough or sneeze (if you do not have a tissue, cough or sneeze into the bend of your elbow, not into your hand).
- Bin used tissues as quickly as possible.
- Keep warm.
- Clean and disinfect surfaces.

### Our partners & supporters



### Contact us

@ info@activefamiliesne.co.uk | Active Families North East CIC | www.activefamiliesne.co.uk