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

# Hiya South Tyneside

## 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 South Tyneside.



## Class Timetable November 2023

### MONDAY

1pm Mission 2 Mobility Gentle Circuits (FREE)  
Ocean Road Community Association, South Shields NE33 2DW

### TUESDAY

10.15am Active Forever With The Well Bean Machine (FREE)  
Marsden Road Community Centre, Marsden Road NE34 6RE

### WEDNESDAY

10am Active Forever With The Well Bean Machine (FREE)  
WHIST, Salus House, Mile End Road NE33 1TA

### THURSDAY

10am Every Move Matters Programme (FREE MUST BE BOOKED)  
Marsden Road Community Centre, Marsden Road NE34 6RE  
Call us for next programme start date and to book on 07458 324 537

**Hello there!** More November pop-up classes will be advertised on our website and Facebook page - follow us for more information.



Scan the QR code to see one of our Active Forever seated exercises classes in action across the North East.

# Community News & Information

To advertise your community organisation or event on this page, please email amy@activefamiliesne.co.uk for more details.



Service provided by:



## Making a difference to your everyday life

We offer free courses, peer support, social groups, drop-ins, workshops, and volunteering opportunities for over 16s in South Tyneside:

- Learn new skills
- Connect with other people
- Build confidence and self-esteem
- Enjoy outdoor activities
- Be creative and have fun



Visit our website or contact us to find out more:

✉ KindMindCommunity@everyturn.org

☎ 0191 217 2935

KindMindCommunity.org

## FOREST PLAYSCHOOL

10am-11:30am  
Thursdays Fridays

Get outdoors with your little ones!  
Forest Playschool is an outdoor experience for you and your child to explore, discover and get close to nature. Take part in outdoor activities from crafts to campfires to bug hunts and more!

For more information or to book visit  
[www.westboldonlodge.co.uk](http://www.westboldonlodge.co.uk)  
or scan the qr code

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COMING IN DECEMBER TO  
West Boldon Lodge • NE36 0BG

## 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.



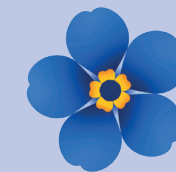
Fridays 10am-11.30am  
First class Friday 1<sup>st</sup> December  
Pay what you feel. Any money goes direct to the local community. Refreshments included.



## HELLO THERE

Are you aged 55 plus and would like to discuss how you can be more physically active either in your own home or in your community? Give the team a call on 07458 324 537 for more information.

We are always looking for volunteers if you would like to find out more about how you can help people in your community, give us a call or email us on [info@activefamiliesne.co.uk](mailto:info@activefamiliesne.co.uk).



## Alzheimer's Society

SOUTH TYNESIDE

Do you have dementia, know someone with dementia or are worried about your memory?  
Alzheimer's Society-Dementia Adviser Service is a free service here to help.

To speak to a Dementia Adviser please either call: 0191 4275443 (South Tyneside) or email: [southtyneside@alzheimers.org.uk](mailto:southtyneside@alzheimers.org.uk).



## South Tyneside Adult Carers Service STACS

Are you providing support to a family member or friend due to illness, disability, mental health or substance misuse?

You may not have identified yourself as a "Carer" but could benefit from finding out how we can help you.

South Tyneside Adult Carer Service (STACS) offer a range of services including Advocacy, Befriending, Social Opportunities, Training, Help with Employment and more.

Contact us for more information.

T: 0191 4061531

E: [STACS@cgl.org.uk](mailto:STACS@cgl.org.uk)







## 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.

## 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.



## 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.

Our partners & supporters



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Contact us

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

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