



A Favourite  
**View**  
Roker  
Sunderland

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

# Hiya Sunderland

## 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.





# Class Timetable November 2023



## MONDAY

10am Active Forever  
 11.30am - 1pm Lunch Club & Bingo  
 1pm - 2.30pm Dancing with Memories  
 One session £4 • Two sessions £6  
 Three sessions £10 (all per person)  
 St Gabriel's Church, Chester Rd SR4 7TF

10am Active Forever (£4pp)  
 Ryhope Community Association, Black Road SR2 0RX

10.30am Active Forever (£4pp)  
 Riverlife Church, Ettrick Grove, Humbledon SR3 4AW

## TUESDAY

10am Active Forever (£4pp)  
 The Top Club, Manor Road, Usworth NE37 3BD

10am Mission 2 Mobility (£4pp)  
 Broadway Community Centre, Cortina Avenue SR4 8LP

10am Mission 2 Mobility (£4pp)  
 Ryhope Community Association, Black Road SR2 0RX

## WEDNESDAY

10am Seated/Standing Yoga (£4pp)  
 St Gabriel's Church, Chester Rd SR4 7TF  
 1pm Tea & Talk With You & Bowls For Health (£3pp)  
 Broadway Community Centre,  
 Cortina Avenue SR4 8LP

## THURSDAY

10am Mission 2 Mobility (£4pp)  
 Back On The Map, Toward Road SR2 8JG

10am Mission 2 Mobility (£4pp)  
 St Georges Church, 1 Vigo Lane,  
 Harraton NE38 9AH

10am Beginners Line Dancing (£4pp)  
 The Top Club, Manor Road, Usworth NE37 3BD

1pm FitSteps (£4pp)  
 St Gabriel's Church, Chester Road SR4 7TF

## FRIDAY

9.30am Mission 2 Mobility  
 11am Bingo & Lunch Club  
 & 1pm Active Forever  
 One session £4 • Two sessions £6  
 Three sessions £10 (all per person)  
 Broadway Community Centre, Cortina Avenue SR4 8LP

10am Pilates  
 11am Dancercise  
 One session £4 • Two sessions £6  
 The Top Club, Manor Road, Usworth NE37 3BD



## 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).

# 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.

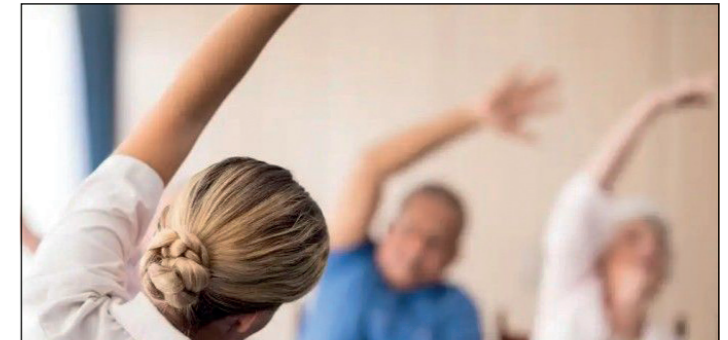


## Who is Sunderland Carers Centre for?

If the person you look after lives in Sunderland, you can get confidential information and advice; direct support or simply an opportunity to talk to someone about your caring role.



For more information call: 0191 549 3768, email: [contactus@sunderlandcarers.co.uk](mailto:contactus@sunderlandcarers.co.uk) or see the 'contact us' section on the website.



## Sunderland Cardiac Support Group

A local group offering activities aimed at improving health and wellbeing and reducing the stress and trauma of heart problems.

We offer fun-filled exercise classes that are run by qualified instructors and also social activities where you can meet and make new friends.

Email: [hello@sunderlandcardiac.org.uk](mailto:hello@sunderlandcardiac.org.uk) for more information and details on how to join the group or go to: [www.sunderlandcardiac.org.uk](http://www.sunderlandcardiac.org.uk)

## SUNDERLAND STRENGTH & BALANCE PROGRAMME



Our 14 week FREE programme will:  
 Help with your balance  
 Boost your confidence  
 Improve your strength & mobility

New locations across Sunderland starting in January. More information coming soon.



Programmes will run across 2024 and are FREE. Call us on: 07458 324 537 or email: [mission2mobility@gmail.com](mailto:mission2mobility@gmail.com) for specific times, start dates and an initial assessment.



## DANCING With Memories

St Gabriel's Church,  
 Chester Rd SR4 7TF  
 Mondays at 1-2.30pm

Take a trip down memory lane with our inclusive session for anyone who loves music, having a dance or a chat about years gone by. Connect with others & find out more about support and services within Sunderland which may be beneficial to you.

Music & video • Refreshments  
 Smiles & a warm welcome

Please contact Jo on 07791 843 962 or email: [jo@activefamiliesne.co.uk](mailto:jo@activefamiliesne.co.uk) for more information.



£4 per person



## Washington Support Group For Men Together we will help to improve Mens Health & Wellbeing

Join us on Mondays from 1pm - 3pm at  
 The Millenium Centre, The Oval, Concord,  
 Washington NE37 2QD

Refreshments & cracking company always available

Get in touch anytime 07784 283 609  
 E: [wsgfmen@gmail.com](mailto:wsgfmen@gmail.com)  
 Facebook: [washington.wsgfmen](https://www.facebook.com/washington.wsgfmen)



Class information: No need to book, just turn up. Due to increased transaction charges, where possible we now prefer cash payments in classes. \*Free classes are funded sessions.





## 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



Contact us

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

If you would prefer to no longer receive our newsletter, please contact us to be removed from our list. Use the contact details above or call 07458 324 537.