



Riverside Community Health Project

Programme Timetable

April 19th – July 16th 2010

All Courses/Activities are FREE unless otherwise stated.



If you are interested in joining any of the training courses
Please call in or ring up to check there are spaces!
A **FREE** crèche is available during most of these sessions.

Please ring to book – 0191 2260754

Monday



Riverside Community
Health Project

Day/Time	Course/Activity	Information on groups
9.30am - 11.30am	Toy Library	Babies and toddlers bring an adult along to play, you can borrow toys to take home too
9.30am - 11.30am	Under 5's Walking Group	Visit local parks and attractions with other parents and their young children
9.30am - 11.30am	Skills 4 Life English Level 1	Basic English, please ring to reserve a place
12.30pm -3.00pm	Allotment Project Benwell Nature Park	Out door fun for all, the family sow, grow and eat your own vegetables and herbs. Get tips on healthy eating and home grown produce
12.30pm - 2.30pm	Conversation Class	For parents with young children to improve their English speaking skills
1.00pm - 3.00pm	Sing and Play	Fun and music for children under five and their parents

Tuesday



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Day/Time	Course/Activity	Information on groups
9.30am - 11.30am	Gladys' Toddlers	Fun for parents, toddlers & babies
9.30am - 11.30am	Dads Group	Support, advice, training and many other fun activities for dads
12.30pm - 2.30pm	Messy Tots	Fun for parents and toddlers
1.00pm - 3.00pm	Toddler Group Training	27th April, 4th May, 11th May, 8th June, 15th June, 22nd June exciting games and activities. If you run or want to run a toddler group this training will give you the skills you need. Ring to reserve a place.

Wednesday



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Day/Time	Course/Activity	Information on groups
9.30am - 11.30am	Gladys' Toddlers	Fun for parents, toddlers & babies
12.00pm - 2.00pm	ESOL	Basic English for the Roma Community
1.00pm - 3.00pm	Roma Drop in	Open session for Roma Communities to meet and chat
2.00pm - 4.00pm	Toy Library	Babies and toddlers bring an adult along to play, you can borrow toys to take home too
5.00pm - 7.00pm	Engage to change (Roma Community) Last Wednesday of every month	Empowering Roma community members through focus group/community meeting. Opportunity to engage with decision makers

Thursday



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Day/Time	Course/Activity	Information on groups
9.30am - 11.30am	Toy Library	Babies and toddlers bring an adult along to play, you can borrow toys to take home too
9.30am - 10.30am	Breakfast/play session Canning Street Primary	Breakfast and play for parents/carers and their children 0 – 5 years
9.30am - 11.30am	Women's Group	Open to all women. Chat about the things that matter, enjoy activities, and meet new friends
1.00pm - 3.00pm	Wii Fit	Have fun and get fit & healthy with our Wii Fit Classes

Friday



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Day/Time	Course/Activity	Information on groups
9.30am - 11.30am	Drop In	Chill and chat, advice and information for parents
9.30am - 11.30am	ESOL	Basic English for the Roma Community
9.30am - 11.30am	Buzzy Bees	A fun and active session for under 5's and their parents. New and exciting activities each week
12.30pm - 2.30pm	Singing	Fun Singing, bring your children to play, end your week on a high note
1.00pm - 2.30pm	Movement and Play	Parents bring your young children along – "Lets get physical"

Future Events & Activities

Community Fun Run / Funday

Sunday 23rd May 11.00am – 3.00pm at Hodgkin Park



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Riverside Community Health Project

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**Riverside Community
Health Project**

Riverside Community Health Project is available for hire to statutory, voluntary and community groups
(free to non-funded groups)