

Notice Board

Summer Playscheme at St. Martin's Centre

Wednesday 29th July

Friday 31st July

Wednesday 5th August

Friday 7th August

10.30am-1.30pm

For Ages 7-12 years



Children must be registered.
Please pick up a registration form from reception
Please contact 0191 276 4002

www.facebook.com/stmartinscentre



@stmartinscentre

facebook

Please be aware that times and groups may change after the time of printing this guide. Please contact the Centre for additional info.

What's on at your St. Martin's Centre



St. Martin's Centre,
Roman Avenue, Byker,
Newcastle upon Tyne, NE6 2RJ
(0191) 2764002

Centre's Opening and Closing Times

Monday	8.30am-6.00pm
Tuesday	8.30am-7.00pm
Wednesday	8.30am-9.00pm
Thursday	8.30am-6.00pm
Friday	8.30am-5.00pm
Saturday	9.00am-12.00pm
Sunday	Closed

Monday

Morning Prayer (In the church)
8:45am

Story Zone (Term Times Only) 10:00am – 11:30am (under 5's)
A fun, friendly environment for children to play, interact with arts, crafts and Books.

St. Martin's Community Lunch
over 55s only.

Every Monday
12:30 noon – 2:00pm

Why not come along and enjoy homemade fresh food and a biscuit, with your tea & coffee as well as enjoying great conversations in a relaxed setting!

Brownies/ Guides

Please go online to www.girlguiding.org.uk click on Get Involved tab to register your daughter.

For 7 to 14 years
6:00pm – 8:00pm

Please note that St. Martin's Centre are always closed on Bank Holiday Monday's throughout the year.

HealthWORKS

'Staying Steady (Falls prevention programme)

Staying steady is for anyone who is worried about their balance or is afraid of falling or who has had a fall or has osteoporosis. A doctor, nurse, physiotherapist or other professional can arrange for you to attend or you can refer yourself into the programme.

Taking part in this FREE enjoyable 36 week programme will help you improve your balance, reduce falls and help keep you mobile.

- You'll attend one hour group exercise sessions where you'll be able to go at your own pace, carried out by specially trained instructors.
- You'll also receive a booklet so you can continue to exercise at home and your progress will be reviewed regularly.
- You'll need to arrange your own transport to attend classes, we can give you £4 towards the cost of your travel every time you attend.

Sessions take place at St Martins Centre on Thursday and Friday afternoons.

For more information on how to refer yourself onto the programme please contact Lucy Flanagan or Derek Robson on 0191 2724244

Breastfeeding Peer Support Social group

Breastfeeding is all about you and your baby. We'd love to meet you at one of our relaxed, informal friendly sessions.

So why not come along and pick up some handy tips and advice or chat with a coordinator and meet other breastfeeding mums on Thursdays 10.00am-11.30 at St Martins or ring the **On Call Breastfeeding support line: 0782 653 1575**
For out of hours support (24 hour helpline) contact: National Breastfeeding Helpline 0300 100 021

HealthWORKS

'Living Well Taking Control'

This free programme is for people at high risk of developing type 2 diabetes or for people newly diagnosed with type 2 diabetes.

You'll be matched to a trained health buddy who understands type 2 diabetes and the difficulties linked to the condition.

You'll be offered one to one sessions where you discuss your health and ways to improve it.

You can go along to six group sessions where you can pick up some great practical tips on eating well, stress and relaxation, reaching and maintaining the right weight, all in a fun informal way.

You can meet your buddy face to face, chat on the phone, text or email whatever suits you best.

For more information visit
<http://www.hwn.org.uk/our-projects/diabetes-type-2/>

Or contact a health buddy on 0191 2724244 to find out when sessions are taking place at St Martins

Tuesday

Morning Prayer (In the church)

8:45am

Church Tea Club

1:30pm – 3:00pm

This group has been running for 41 years! It is a supportive group open to anybody over 55 years old, where you can have cakes, biscuits and tea/coffee whilst playing bingo and a raffle!

Shelley Dobson School of Dance 4:00pm – 7:00pm

(Term time only)

4.00-5.00pm Baby Ballet & Tap
Ages 3-6years

5.00-6.00pm Pop Steps
Age 6+

6.00-7.00pm Cheer Leading
Age 6+

Contact Shelley at the excellent School of Dance at 07990730475 or email shelleydob@yahoo.co.uk

Wednesday

Eucharist (St. Martin's Centre Church)

**9:15am – 9:45am
7pm – 7.30pm**

Coffee Morning 9:30am – 11:00am

This is open to everyone, both adults and children. It is in our lounge, just past reception!

Smoking Cessation (NHS) 9:30am – 11:30am

Want to quit smoking? This group is held in the lounge, you can also join the coffee morning and buy a cake, scone or a cuppa!

L.A.W's Fitness

9.30am-10.30am

All round fat burner & muscle toner session. All abilities welcome.
For further information call Lisa Wood : 07596840838

Baby Massage

10.00am-11.00am

A 5 week course teaching positive touch (0-6months)
For more information about this course and to book a place contact
Paula: 0191 2759636

Babies Learning Together Social 1:00pm – 2:30pm

Play and discover with your baby (0-12 months)

St Martins Centre Nursery

For 2, 3 and 4 year olds
(Term Time Only)

Free places available
(For eligible 2 year olds only)

For further details enquire within or telephone
the nursery on 0191 2764002



Volunteering is a great way to meet new people, develop new skills and give something to your community. You'll also get access to a variety of free training courses. Here at St Martin's we have a dedicated team of volunteers in many roles ranging from helping with catering for our range of community meal events to gardening, building maintenance and helping with our youth groups .

If you'd like to join the team we'd love to hear from you!

Maybe you've ideas for a new activity or project that you'd like to help develop?
Or maybe you'd like more information?

To find out more contact Debbie Dougal (Volunteer Coordinator)
debbie@stmartinscentre.org.uk

Or fill in a volunteer enquiry form (these can be found opposite the reception desk at St Martins)

Thursday

Morning Prayer (In the church)

8:45am

Breast Feeding Peer Support group (Sure Start)

10.00am-11.30am

A Breast Feeding support group for breast feeding mums and mums to be, to socialise and share advice

Keeping it Crafty!

Arts and Craft Group 11.30am – 1.00pm

All welcome!

£1 entry

The One 'O' Clock Club

1pm-3pm

A support and social group for over 55's.

Waddlers to Toddlers 1.00pm-2.30pm

A play session for you and your toddler for ages 1-2years

Friday

L.A.W's Fitness

9.30am-10.30am

All round fat burner & muscle toner session. All abilities welcome.

For further information call Lisa Wood : 07596840838

Saturday

Councillor Surgery (The first Saturday of every month)

9:30am – 10:30am

Meet your local councillor to discuss issues, problems and to give feedback on your local community.

Sunday

Communion Service

9.30am – 10.30am

This service also incorporates the Junior Church.

There is the option of including the Baptism in the regular Sunday morning worship at 9.30am and this can be arranged for most Sundays with sufficient notice; we would ask you to attend church in the month before the Baptism if you choose this option.

Church Information

Baptism at St Martin's

If you would like your child baptised (christened is another word for it) at St Martin's, forms are available from the Centre Reception. Simply complete the details required and hand the form back into reception. We will ring you as soon as possible.

Setting a date

You will need to come and meet with us on either Wednesday morning or Sunday morning where we will discuss the service with you and set a date. We generally do Baptisms on the first Sunday of the month at 11.30am

As Baptism at St Martin's is a popular event, it is best to contact us as soon as possible as there is generally a few months' wait for bookings.

If you have any questions about baptism, please do contact the Curate on 0191 2769011