

· THE AVENUE ·

NE6

The Avenue Café at St. Martin's Centre.



Open Monday- Friday

9am-4pm

Saturday

10am-1pm



Serving good value, nutritious food in a modern, bright and friendly environment.

All welcome!



@stmartinscentre

facebook.

www.facebook.com/stmartinscentre

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) 276 4002

Open and Closing Times

Monday	8.30am-5.00pm
Tuesday	8.30am-5.00pm
Wednesday	8.30am-5.00pm
Thursday	8.30am-5.00pm
Friday	8.30am-5.00pm
Saturday	9.30am-1.00pm
Sunday	Closed

The Avenue Café Opening Times

Mon-Fri	9.00am-4.00pm
Sat	10.00am-1.00pm

Monday

Morning Prayer (In the church)
8:45am

Money Advice for Households in Byker and Walker (MANE)
10.00am – 12.00am

To make an appointment, email mane@minebyker.co.uk or call 0191 276 4002

Messy Fun! (6-18 months) Term time only
10.00am-11.30am

Play and discover with your baby/toddler.

There is a £2 charge for this session.

Booking is essential, please enquire at reception.

Baby Massage (Sure Start)

1.30pm-2.30pm

A 5 week course teaching positive touch (0-6months)

For more information about this course and to book a place contact Tracey: 0191 2759636

Brownies

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

For 7 to 10 years

6:00pm – 7.30pm

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



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 Gina Manning (Volunteer Coordinator) gina@smartinscentre.org.uk

Or fill in a volunteer enquiry form (these can be found opposite the reception desk at St. Martin's)

Training

Are you unemployed and aged over 19?

St Martin's Centre is running **FREE 8-week courses** to give you the opportunity to develop skills and gain experience in **Early Years Childcare** or **Catering**

If you can commit to 10 and a half hours per week for 8 weeks, we can provide you with practical training which covers the following:



Early Years Childcare

- Gain knowledge of the Early Years Foundation Stage curriculum
- Gain experience of working with a variety of age groups
- Knowledge and understanding of age appropriate activities
- Training in food hygiene
- Health and safety training

Catering

- Food safety training
- Barista training
- Basic food production, which includes menu preparation, soups, sandwiches, confectionary and cakes
- Safe use of knives
- Health and safety training



If you are interested in enrolling or would like more information

Please contact **Gina** on **0191 276 4002** or email gina@stmartinscentre.org.uk

Tuesday

Morning Prayer (In the church)

8:45am

Play Session (Term time only)

9.30am-11.00am

A fun and active play session for children under 5.

There is a charge of £1.50 per child for this session and a snack is provided. No need to book just come along.

Church Tea Club

1.30pm-3.30pm

This group has been running for 45 years! It is a supportive group open to anybody over 55 years old, where you can enjoy cakes, biscuits and tea/coffee whilst playing bingo and a raffle!

Shelley Dobson School of Dance 5:00pm-7:00pm (Term time only)

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 principal@shelleydobsonschoolofdance.co.uk

Slimming World

5.30 & 7.30pm

A warm, friendly Slimming World group is the very best place to learn how to lose weight, and get all the support you need to achieve your target and stay there for life! Start your journey to a slimmer, healthier you today...

All welcome. Contact Lesley – 07902 896212 for information.

Wednesday

Eucharist (St. Martin's Centre Church) **9.15am – 9.45am**
7.00pm – 7.30pm

Smoking Cessation

8.30am-10.30am

Want to quit smoking? This group is held in the Reception area.

Community Lunch (Over 55's)

11:00am-1.00pm

Come along and enjoy homemade fresh food, as well as enjoying great conversations and entertainment in a relaxed setting!

Only £3.50

Music Zone (0-5 years) Sure Start

1.00pm-2.00pm

A fun play session exploring sounds and instruments. No need to book, just call in if you have a blue Sure Start membership card.

Money Advice for Households in Byker and Walker (MANE)

6.00pm-8.00pm

To make an appointment, email mane@minebyker.co.uk or call 0191 276 4002

Did you know all families are entitled to a certain amount of **FREE CHILDCARE** a week for their 3/4 year old?

Many families may also be entitled to 15 hours entitlement for their 2 year old. If you want to find out if you are eligible, ask here today.



Planning a Children's Party?



Why not let us provide fantastic food your kids will love?

We can provide party lunch bags from only
£2.00 per child!

For more information contact:-

Gail McKie, Receptionist

Tel: 0191 276 4002, Email: gail@stmartinscentre.org.uk

**★HAPPY★
BIRTHDAY!**

If you would like to arrange a visit to look around or would like any further information, please contact Nicola Storey, telephone 0191 276 4003 or email nicola@stmartinscentre.org.uk



St Martins Centre Nursery

We offer high quality nursery provision, with a warm, welcoming and stimulating environment for children aged 2 to 5 years.

The provision we offer is term time, with flexible hours.



We are open from 7.30am – 4.30pm

Monday to Friday

Additional hours are available on request

Our nursery rate is only £4 per hour.



Thursday

Morning Prayer (In the church)

8:45am

**Breast Feeding Peer Support group (Sure Start) Term time only
10.00am-11.30am**

A Breast Feeding support group for breast feeding mums and mums to be. Come along and pick up some handy tips and advice, chat with a coordinator and meet other breastfeeding mums.

For further advice and support please call:-

On call breastfeeding support line: 0782 653 1575

Out of hours support (24 hour helpline): National Breastfeeding Helpline 0300 100 021

Crafty Coffee Morning (Over 55's)

11:00am-12.30pm

An informal craft session – Bring along your own project or start a new one! Only £1.50

Baby Social (0-12 months) Sure Start

1.00pm-2.00pm

A friendly and supportive group for parents and babies up to 12 months old.

Friday

Fit and Fab (Over 55's)

11.00am-12.00pm

The exercises are easy and fun to do and suitable for all abilities.
£1.50 charge

Tai Chi (over 55's)

1.00pm-2.00pm

Come along and enjoy this relaxing and gentle exercise session.
£1.50 charge.

Friday Friends (Over 55's)

1.00pm-2.30pm

A support and social group for over 55's.

£1.50 charge

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.

Twinkle Tots (The second Saturday of every month)

10.00-11:30am

St. Martin's Church play session for 0-5 year olds and their families.

Let your light shine! For more information, please contact Rev. Rae.

Rscaro87@gmail.com.

Money Advice for Households in Byker and Walker (MANE)

10.00am – 12.00am

To make an appointment, email mane@minebyker.co.uk or call 0191 276 4002

Shelley Dobson School of Dance (Term time only)

10.00-11.00am Age 2.5-5 years

11.00-12.00pm Age 5+

Contact Shelley at the excellent School of Dance at 07990730475 or email principal@shelleydobsonschoolofdance.co.uk

Family Fun Time Session (Sure Start)

10am-12pm

(Term time only & excluding the second Saturday of each month), for

This free play session includes crafts, activities, toast and a drink for each child.

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.