

# ·THE AVENUE· NE6

The Avenue Café at St. Martin's Centre



Open Monday- Friday  
9am-4pm



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

All welcome!

# 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

<b>Monday</b>	8.30am-5.00pm
<b>Tuesday</b>	8.30am-5.00pm
<b>Wednesday</b>	8.30am-5.00pm
<b>Thursday</b>	8.30am-5.00pm
<b>Friday</b>	8.30am-5.00pm
<b>Saturday</b>	10.00am-1.00pm
<b>Sunday</b>	Closed

**The Avenue Café  
Opening Times**  
Mon-Fri 9.00am-4.00pm



@stmartinscentre

facebook.

[www.facebook.com/stmartinscentre](http://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.

# Monday

**Morning Prayer (In the church)**  
8:45am

**New Healthy Beginnings (Term Time Only)**  
10.30am – 11.30am

Improve your health and well being, learn about food and nutrition, learn about exercise (baby friendly 0-24 months). £1.50 per session.

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

To make an appointment, email [mane@minebyker.co.uk](mailto:mane@minebyker.co.uk) or call 0191 276 4002

**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](http://www.girlguiding.org.uk) and click on the 'Get Involved' tab to register your daughter.

For 7 to 10 years  
6:00pm – 7.30pm

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.



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](mailto:nicola@stmartinscentre.org.uk)

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



# 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.



# 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](mailto: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

**Prize Bingo (Over 55's) The first Wednesday of the month**  
**1.30pm-2.30pm**

Come along to our monthly bingo session. A small charge per bingo ticket. Tea, coffee and refreshments on sale.

**Money Advice for Households in Byker and Walker (MANE)**  
**6.00pm-8.00pm**

To make an appointment, email [mane@minebyker.co.uk](mailto:mane@minebyker.co.uk) or call 0191 276 4002



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@stmartinscentre.org.uk](mailto:gina@stmartinscentre.org.uk)

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

# 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.

# 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. 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**

## **Craft Group (Over 55's) 11:00am-12.30pm**

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

## **Soup Bowl Social (Over 55's) 1.00pm – 2.00pm**

Come along for a warming bowl of soup and roll, and a chat with friends. Only £2.50

## **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](mailto: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](mailto: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](mailto: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.



## 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!

★HAPPY★  
BIRTHDAY!

For more information contact:-

Lisa Atkinson, Receptionist

Tel: 0191 276 4002, Email: [lisa@stmartinscentre.org.uk](mailto:lisa@stmartinscentre.org.uk)