

• THE AVENUE •
NE6

COFFEE SHOP

Pop into our fab new-look coffee shop.

Open 8:45 – 3pm
Monday to Friday

There's a fabulous selection of delicious food from our new menu to choose from.

Menu also available on Facebook and Instagram

Ofsted Outstanding



St Martin's Centre NURSERY

A great place to grow, learn & play

For more information or to book a visit contact Jude Homer, Nursery Manager on 0191 276 4002 or email jude@stmartinscentre.org.uk

St Martin's Centre NURSERY
Roman Avenue, Byker NE6 2RJ

APPLY NOW FOR 2YR OLD PLACES!

Room Hire at St. Martins Centre

Looking to hire a meeting room, hold a business conference, training or community event? All rooms can be customised to your preferred layout and catering options are available. For further information please contact Reception.



Toddler and Baby Groups

There's always lots of entertaining activities and fun for the kids. Mum's and dad's can get a look in too. Contact Children & Families Newcastle East 0191 2759636 for more details.

St Martin's Centre PARTNERSHIP

Befriending Project

If you are feeling lonely or socially isolated and would benefit from perhaps:

- A regular visit from one of our friendly volunteers
- Some support attending activities in our Centre or the local community

Contact us for a chat and let's see how we can help you.



For further information contact Yvonne on **0191 276 4002** or email yvonne@stmartinscentre.org.uk



What's going on at St Martin's Centre

Your guide and timetable of activities and events

POP UP KIDS SHOP
9TH APRIL 10.00AM - 2.00PM
Bag a bargain and browse our selection of kid's clothes, accessories, toys, and books. We will also have a few stalls in reception and HealthWorks Newcastle will be joining us to offer a range of information, support, and guidance.

PRIZE BINGO!
10TH APRIL 12.30PM - 2:30PM
50p per ticket or £2.50 per strip.
Come along and join the fun!

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SEE INSIDE FOR MORE DETAILS AND SESSIONS

St. Martin's Centre What's On Guide

MONDAY

Coffee Morning

10.30am - 12.00pm,
First Monday of every
month - FREE

Are you new to the Centre and not sure of what we do or offer? Pop in to see us on the first Monday of every month, enjoy a free tea or coffee and cake and pick up some information.

Chi Me

10:30am - 11:30am
Every Monday for
12 weeks - FREE

Helps improve flexibility, balance, mobility and can help with pain.

Memory Tea (Dementia friendly)

1.00pm - 3.00pm,
Second and fourth Monday
of each month.

Suggested donation of £2
Dementia friendly, carers, friends
and family welcome.

Come along and join in our
dementia friendly fun activities or
just enjoy a cuppa and a chat! If
you would like more information,
please call Yvonne on
0191 2764002.

TUESDAY

Stay & Play

(Term time only)
10.00am - 11.30am

Includes crafts, play, snack and
story. For under 5's
£1.50 including snack

Art Session

10.00am - 12.00noon FREE

Get Started with Art Series (with
Newcastle City Learning)
A series of art workshops and
courses. All course information
and materials will be provided by
the tutor.

Book a place at reception.

Benefits Advice

(over 60s)
10.00am - 2.00pm

Help and information on what
benefits are available for the
over 60s they may be entitled to.
By appointment only, please
contact the centre for more
information.

Councillor Surgery

12.00 noon - 1.00pm
(The second Tuesday of
every month)

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

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!

WEDNESDAY

First Words Together

10.00am - 11.00am

Fun and simple activities to
support babies and toddlers'
communication and language
development. Children aged
12 - 24 months. Contact the
centre for dates

Baby Massage

1:00pm - 2.00am

A calm, relaxing course to teach
positive touch with your baby.
Starts Friday 12th April for
5 weeks.

East End Women at St Martin's

10:00pm - 11:30am

A weekly group supporting women
who live in the east end -
wellbeing workshops, practical
skills, social activities all delivered
in a safe and welcoming space.
Contact dawn.emmerson@build-
ingfutureseast.org

Zumba Gold

10:30pm - 11:30am - £2

A new weekly low impact and
easy to follow session.
No booking required.
All welcome

Pass it on Parents (Monthly session)

10:30am - 12.30pm

A support group for carers of
children with additional needs.
Please contact reception
for session dates.

Lunch club

12:30pm - 2.00pm - £3.50

Light lunch, Quiz and Bingo
(over 55's) Every Wednesday
starting April 17th.

THURSDAY

Health Visitor Baby Clinic

Walk-in Baby weighing clinic
1.00pm - 3.00pm

Crafts with Jackie

10:30 - 12.00 noon £1.50

Everything provided including
refreshments. Jackie will be
covering the following - pop up
boxes, handbags, gift bags, felt
& fabric decorations plus lots
more. Max 12 place per session
please book with Reception.

Fit and Fab (Over 55's)

12.30pm - 1.30pm - £2

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

Baby Social (0-12 months)

1.00pm - 2.30pm

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

FRIDAY

Breast Feeding Peer Support group

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.

Newcastle Futures

10.30am - 12.00 noon

Drop in offering a range of
employment and training support.

Gentle Circuits

11.00am - 12.00 noon

£2 per session

For those who prefer lower impact
& gentle exercise.

Tai Chi (Over 55's)

1.00pm - 2.00pm - £2

Come along and enjoy this
relaxing and gentle exercise
session.

Friday Friends (Over 55's)

1.00pm - 2.30pm - £1.50

A fun and friendly support and
social group for over 55's.

NEW UP-COMING

DIGITAL CONTENT CREATION

An introduction to
graphic design
software used to create
posters, social media
content and short form
video content.
Register your interest
at reception.

FANTASTIC WORKSHOPS

15th April -
Soap and Bath bombs
20th May -
Scented tea light
candles and glass
holder
1st July -
Leather jewellery
All classes
12.30pm-2.30pm
£10 per person.

IT'S BACK FOR MAY! TECHY TEA PARTY

Starting Wednesday
1st May
10.30am - 12.30pm
A FREE 4-week course
learning basic IT skills.
Bring along your own
devices and we will be
proving tea, coffee
and biscuits

For more information call 0191 2764002 or call into reception