

# Spring into Action

**Spring into Action** is our latest virtual activity programme. Running from **15<sup>th</sup> March to 30<sup>th</sup> April**, Spring into Action features a range of physical and social activities to keep you entertained this spring. Please note, not all activities run weekly, get in touch to confirm dates.

Call **0191 287 7012** to sign up for our **Social Activities** ☺, or call **0191 287 7027** to sign up for our **Physical Activities** ❤️. Alternatively, you can sign up for any of the activities by emailing us at [Community.Development@ageuknorthtyneside.org.uk](mailto:Community.Development@ageuknorthtyneside.org.uk)

## Friendly Faces ☺

**Mondays at 11am**

It's time for your elevenses so why not have them with us and join our group of friendly faces from across North Tyneside for a cuppa and a chat. There may be some familiar faces you know or perhaps you'll meet some new. A group for those who like a natter.

## Tai Chi ❤️

**Mondays at 1pm**

**Fridays at 2.30pm**

Tai chi relaxes the mind and body, helping to combat the stresses and strains of modern society. It gently tones and strengthens muscles. It also improves balance, posture and helps prevent falls. This can help older people with disabling health conditions. The class involves slow, relaxed, flowing, mindful movements, which makes it adaptable to many levels of health and fitness.



## At Home with the National Trust and Tyne and Wear Archives and Museums ☺

**Tuesdays at 1pm**

So you think you know your area? Find out some fascinating facts from the National Trust and Tyne and Wear Archives and Museums about what has happened and what is happening today in the North East region. Not to be missed!



## LGBT Group ☺

**Alternate Wednesdays at 11am, starting 24<sup>th</sup> March**

A group for like minded people to socialise and make new friends. Opportunity for guest speakers and activities.

## Art & Crafts ☺

**Thursdays at 10.30am**

A six session series covering the Arts & Crafts Movement in Britain. Delivered by Carol Burnett.

## Men's Group ☺

**Fridays at 11am**

A friendly, welcoming social group for men who would like to get together for a chat; maybe take part in a quiz or enjoy a talk by a guest speaker. Existing and new members welcome.

## More Than A Book Group! ☺

**Alternate Wednesdays at 11am, starting 17<sup>th</sup> March**

Have you got a book, film or TV series you are dying to tell others about, or are you hoping to discover something new? Come and share your reviews and recommendations and hear what others have been discovering or indulging in!



## Keep Fit with Maureen ❤️

**Thursdays at 1pm**

A 45 minute dance and low impact keep fit class to suit all abilities. A fun class exercising to music and working to your own ability. Includes a short strength section using light hand weights, water bottles or flexi bands; finishing with a stretch and cool down.

## Healthy Habits ❤️

**Thursdays at 3.15pm**

Covering a variety of health topics including, healthy eating, sleep, exercise as well as some break downs and explanations of nutrition and some cookery demonstrations.

### Fit as a Fiddle

#### *Various days and times available*

Gentle exercise both seated and standing on separate levels according to ability. Improving general fitness, strength, stability balance and cardiovascular health. Suitable for all levels of resilience and fitness. **To book, call our Strength and Balance team on 0191 287 7015.**

**HELIX  
ARTS.**

### Helix Arts Programme ☕

#### *Tuesdays at 3pm*

Helix Arts invites you to make art together with different artists every Tuesday. These will lead to a regular Tuesday session where there is interest. Everyone will be working towards creating something that can be shared together at the end of May.



**CPS**

### Crown Prosecution Service ☕

#### *Monday 22<sup>nd</sup> March at 10.30am*

An opportunity to meet with senior lawyers and the Communities Manager from the North East Crown Prosecution Service; to learn more about the role of the CPS within our region. This is an exciting opportunity to find out more about the CPS and put forward your questions about areas of interest, or perhaps of concern to you.



### The Common Room of The Great North ☕

#### *Thursday 29<sup>th</sup> April at 10.30am*



**HERITAGE  
FUND**

The Common Room of The Great North is a newly established charity responsible for the regeneration of the Grade II listed Neville Hall (formerly known as the Mining Institute) in central Newcastle. The Common Room's mission is to use its unique heritage to inspire the next generation of innovators and engineers. In this talk, Emily Tench, Programme and Engagement Manager, will showcase the building's restoration work as well as highlighting the grand re-opening and associated programme of activity in Summer 2021.



**NORTHUMBRIA  
POLICE**

### Northumbria Police: Cyber Security ☕

#### *Tuesday 23<sup>rd</sup> March at 10am*

Phishing & Spoofing (this covers fake emails, texts, telephone calls and websites); Secure Passwords; Updating Software and Apps; Safe use of public Wi-Fi & VPNs; Backing up Data; Safe use of Social Media; Reporting a Cyber Crime; Latest Courier Scams. Can you afford not to join this one?

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