

Southernwood

Promoting Independence Centre

Trafford, Allerdene Estate,
Low Fell. Tel: 0191 487 9798

Link up

In Gateshead

April - July 2007

A programme of activities and events for all people over 50. Drop into the centre for a range of health and wellbeing activities and information.

Lifestyle Matters

A 6-week rolling programme of activities around all aspects of health and lifestyle issues. All sessions are open to anyone over 50 and are free. Courses start with week 1 on 11 April, 23 May and 4 July and are held every Wednesday from 10.30 – 11.30am.

- Week 1 Health checks
- Week 2 Falls Prevention
- Week 3 Nutrition
- Week 4 Anxiety management and relaxation
- Week 5 Wealth check
- Week 6 Come as You Please

Southernwood Movers

Chair based exercise classes. Held every Friday from 11am – 12noon.
Classes cost £1.

continued overleaf



 **Gateshead**
Council

www.gateshead.gov.uk

Safety Works!

A free all day trip to the Tyne and Wear Fire and Rescue Service interactive workshop on all aspects of preventable accidents including road safety, house fires, falls, and issues in relation to crime prevention and trading standards. Transport and lunch will be provided.

Trips are on: 16 April, 11 May, 1 June, 25 June, 9 July.

To book a place contact Southernwood or call Louise Carroll on 274 3532

Transport Information

To travel to Southernwood Promoting Independence Centre by local transport the easiest way is by bus. The nearest bus stop and frequency of the buses are as follows.

Number 21

(Every 15 minutes), from Gateshead Interchange.

(Every 15 minutes return)

(25 minutes and 55 minutes past each hour), from Gateshead Interchange.

(38 minutes and 08 minutes return)

Directions

The nearest stop for the **21 buses** is Teams Colliery on Durham Road. Directly cross the overhead bridge on the main road and go through the Allerdene Estate follow the path to the bottom of the estate and turn right. Walk along the path for 200 yards and Southernwood PIC is the large building on the right hand side and is accessed by the road. The bus stop to return to Gateshead and Newcastle is opposite the stop on Durham Road.

The **number 23 bus** is a different route and the nearest stop is Harlow Green Bridge. Walk 200 yards to the right until the shops are in view. Turn left and walk past the high-rise flats Southernwood PIC is the large building next to the flats.

Tynedale

Promoting Independence Centre

Tynedale, Holburn Lane, Ryton
Tel: 0191 413 0210

Link up
In Gateshead

April - July 2007

A programme of activities and events for all people over 50. Drop into the centre for a range of health and wellbeing activities and information.

Lifestyle Matters

A 6-week rolling programme of activities around all aspects of health and lifestyle issues. All sessions are open to anyone over 50 and are free. Drop into a session. Courses start with week 1 on 13 April, 25 May and 6 July and are held every Friday from 10 – 11am.

- Week 1 Health checks
- Week 2 Nutrition
- Week 3 Falls prevention
- Week 4 Anxiety management and relaxation
- Week 5 Wealth check
- Week 6 Come as You Please

Tynedale Movers

Chair based exercise classes.
Held every Wednesday from 10.30 – 11.30am.
Classes cost £1.

continued overleaf



 **Gateshead**
Council

www.gateshead.gov.uk

Safety Works!

A free trip to the Tyne and Wear Fire and Rescue Service interactive workshop on all aspects of preventable accidents including road safety, house fires, falls, and issues in relation to crime prevention and trading standards. Transport and lunch will be provided.

Trips are on: 25 April, 14 May, 4 June, 25th June, 9 July and 23 July

To book a place contact Tynedale or call Louise Carroll on 274 3532.

Transport Information

To travel to Tynedale Promoting Independence Centre in Ryton by local transport the easiest way is by bus. The nearest bus stop and frequency of the buses are as follows.

Number 65A

(15 minutes past the hour) from Gateshead Interchange. (31 minutes return)

(50 minutes and 20minutes past each hour) from Gateshead Interchange. (10 minutes and 40 minutes return)

Number 604

(25 minutes and 55minutes past each hour) From Eldon Square, Newcastle.

(14 minutes and 44 minutes return)

Number 602

(35 minutes and 05 minutes past each hour) From Eldon Square, Newcastle.

(20 minutes and 50 minutes return)

Directions

The nearest bus stop is Safeway Ryton. Directly Cross the main road and go through the park, follow the path to the bottom of the park and turn right. Tynedale PIC is a large building on the left hand side and is accessed by the road. The bus stop to return to Gateshead and Newcastle is outside the park entrance.

Worcester Green Day Centre

Worcester Green, Alexandra Road,
Gateshead. Tel: 0191 420 3760

Link up In Gateshead

April - July 2007

A programme of activities and events for all people over 50. Drop into the centre for a range of health and wellbeing activities and information.

Lifestyle Matters

A 6-week rolling programme of activities around all aspects of health and lifestyle issues. Courses start on 16 April and will be held every Monday from 1.30 – 2.30pm.

1.30 – 2.00pm Chair based exercise programme
2.00 – 2.30pm guest speaker

Safety Works!

A free trip to the Tyne and Wear Fire and Rescue Service interactive workshop on all aspects of preventable accidents including road safety, house fires, falls, and issues in relation to crime prevention and trading standards. Transport and lunch will be provided.

Trips are on: 30 April, 11 May, 1st June, 25 June, 6 July and 23 July.

To book a place contact Worcester Green Day Centre or call Louise Carroll on 274 3532.

continued overleaf



 **Gateshead**
Council

www.gateshead.gov.uk

Transport Information

To travel to Worcester Green Day Centre in Gateshead by local transport the easiest way is by bus. The nearest bus stop and frequency of the buses are as follows.

Number 49

(40 minutes to the hour), from Gateshead Interchange
(50 minutes return)

Number 96

(20 minutes to the hour and 20 minutes past each hour), from Gateshead Interchange
(10 past and 40 minutes return)

Number 55

(15 minutes and 45 minutes past each hour), from Gateshead Interchange
(Same return)

Number 57

(20 minutes and 20 minutes past each hour), from Gateshead Interchange
(20 minutes and 50 minutes return)

Directions

The nearest bus stop is windmill hills Gateshead. Directly Cross the main road and walk straight ahead passing the Masonic hall on the left. Walk along Alexandra road for approx half a mile until you come to Worcester Green estate. The Day Centre is a large building on the left hand side.

Shadon House

Promoting Independence Centre

Northumberland Place, Birtley.
Tel: 0191 410 2816

Link up In Gateshead

April - July 2007

A programme of activities and events for all people over 50. Drop into the centre for a range of health and wellbeing activities and information.

Lifestyle Matters

A 6-week rolling programme of activities around all aspects of health and lifestyle issues. All sessions are open to anyone over 50 and are free. Courses begin with week 1 on 29 March, 10 May and 21 June and are held every Thursday from 2.15 – 3.15pm.

- Week 1 Health checks
- Week 2 Nutrition
- Week 3 Falls prevention
- Week 4 Anxiety management and relaxation
- Week 5 Wealth check
- Week 6 Come as You Please

Shadon Movers

Chair based exercise classes
Held every Tuesday from 2.00 – 3.00 pm. Classes cost £1.

continued overleaf



 **Gateshead**
Council

www.gateshead.gov.uk

Safety Works!

A free all day trip to the Tyne and Wear Fire and Rescue Service interactive workshop on all aspects of preventable accidents including road safety, house fires, falls, and issues in relation to crime prevention and trading standards. Transport and lunch will be provided.

Trips are on: 16th April, 14th May, 6th July and 23rd July

To book a place contact Shadon House or call Louise Carroll on 274 3532

Transport Information

To travel to Shadon House in Barley Mow by local transport the easiest way is by bus. The nearest bus stop and frequency of the buses are as follows:

Number 21

(Every 15 minutes), from Gateshead Interchange.

(Every 15 minutes return)

(10 minutes past the hour), from Eldon Square Newcastle.

(10 minutes to the hour return)

(20 minutes to the hour), from the Metrocentre.

(10 minutes to the hour return)

Directions

The nearest bus stop is Browns Buildings on the main Durham Road.

Walk through the alleyway next to the post office. Walk straight ahead through the estate until a fish shop comes into view.

Opposite the fish shop is the back of Shadon Dementia centre.

To gain access walk through the pathway at the right hand side of the building and turn left. The gates are not more than 50 yards.

Eastwood

Promoting Independence Centre

The Drive, Felling.
Tel: 0191 433 6464.

Link up
In Gateshead

April - July 2007

A programme of activities and events for all people over 50. Drop into the centre for a range of health and wellbeing activities and information.

Lifestyle Matters

A 6-week rolling programme of activities around all aspects of health and lifestyle issues. All courses are open to anyone over 50 and are free. Courses begin with week 1 on 10 April, 22 May, and 3 July and are held every Tuesday from 2.30 – 3.30pm.

- Week 1 Health checks
- Week 2 Nutrition
- Week 3 Falls prevention
- Week 4 Anxiety management and relaxation
- Week 5 Wealth check with the Pension Service
- Week 6 Come as You Please – choose your activity

Eastwood Movers

Chair based exercise classes. Held every Thursday from 11am – 12noon.
Classes cost £1.

continued overleaf



Safety Works!

A free trip to the Tyne and Wear Fire and Rescue Service interactive workshop on all aspects of preventable accidents including road safety, house fires, falls, and issues in relation to crime prevention and trading standards. Transport and lunch will be provided.

Trips are on: 25 April, 4 May, 14 May, 4 June, 25 June and 9 July

To book a place contact Eastwood or call Louise Carroll on 274 3532.

Transport Information

To travel to Eastwood Promoting Independence Centre in Heworth by local transport the easiest way is by metro or bus. The nearest bus stop and frequency of the buses and metro are as follows.

Number 93

(6, 21, 36, and 51 minutes past the hour),
from Gateshead Interchange
(Return is same as above)

(8, 23, 38, and 53, minutes past each hour),
from Gateshead Interchange.
(Return is same as above)

Number 58

(8 minutes and 38 minutes past each hour), from Gateshead Interchange.
(14 minutes and 44 minutes return)

The Metro runs a very frequent service from the station in Central station Newcastle and Gateshead Interchange every 10 minutes to Heworth station.

Directions

The nearest bus stop is the Interchange. Directly Cross the main road and turn left walk a 100 yards then take the first turning on the right. Walk past the corner shop for about 300 yards and Eastwood PIC is the large building on the right.