

Contact Details

Highfield Community Centre

(01207) 549 759

For Keep Fit, Slimming World, Street Cheer, Come Dine With Me, and Relationship Event.

Rowlands Gill & District Live at Home Scheme

(01207) 549 200

For Men's Health Event, Women's Healthy Eating Event and Live at Home Scheme AGM and concert (Booking Essential).

Crossroads for Care, Gateshead

(01207) 549 780

For Community Event on Wed afternoon.

Highfield Children's Centre

(0191) 433 5577

For 2 year Old development checks, Music & Movement, Rhymetime, Young Explorers, Child Health Clinic & Toddlers Group.

Gateshead Council Community Health Team

(0191) 433 6952

For all Health Walks – Mon, Tues & Thurs

Gateshead Council Countryside Team

(01207) 545 212

For Conservation Task (Booking Essential).

Gateshead Council Sport & Leisure Team

(0191) 433 6944

For Multi-Sports Sessions.



Healthy Highfield Week Monday 22 – Sunday 28 March 2010

Healthy Highfield Week is an opportunity for everyone to see what is going on in Highfield and to get involved in healthy activities and sessions.

There is something for everyone during the week and the good news is that a lot of the sessions that are happening actually take place every week in Highfield.

There are also some one-off events that will help you to understand more about your health so why not turn the page and see what takes your fancy. On the back page are some contact details that you will need if you'd like to come along to some of the sessions.

	Mon 22 March	Tue 23 March	Wed 24 March	Thu 25 March	Fri 26 March	Sat 27 March	Sun 28 March
Morning	2yr old development checks (HCC) 9:30am -11:30am	Music & Movement (HCC) 9:15 -10:00am & 10:15 -11:00am	Health Walk (HCC) 10:30am -11:30am	Health Walk (BRCL -SRMC) 11:30am - 12noon	Toddlers Group (HCC) 9:15am - 11:00am	Conservation Task (Spen Burn) 11:00am - 3:00pm	Free Day! Why not do something healthy off your own back today - and tell us what you did. Here's some suggestions: Why not go for a walk into Chopwell Wood? Why not cook a healthy meal today? Eat more vegetables and less meat with your Sunday lunch? Walk to the shops for the Sunday papers rather than driving? Tell us what you did differently today by logging onto: www.ourgateshead.org
	Men's Health Event (SRMC) 10:30am - 3pm (includes lunch)	Women's Health Event (HSC) 10:30am -12:30pm		Rowlands Gill & District Live at Home Scheme AGM lunch and concert (SRMC) 12noon - 2:30pm BOOKING ESSENTIAL			
Afternoon	Rhymetime (RGL) 12:30pm - 1:00pm	Sport & Leisure Multi-Sport Session (MUGA) 3:30 - 5:00pm	Child Health Clinic + Stay & Play (HCC) 1:30pm - 3:00pm	Sport & Leisure Multi-Sport Session (MUGA) 3:30 - 5:00pm	Health Drop-in (HCC) 1:30pm - 3:30pm		
	Health Walk (From RGL - HCC) 1:00pm - 2:00pm		Take a Break (CCG) 3:30pm - 5:30pm				
	Young Explorers (HCC) 1:00pm - 3:00pm						
Evening	Street Cheer (HCC) Ages 8-10yrs 5:00pm - 6:00pm	Keep Fit (HCC) 6:30pm - 8:30pm	Come Dine with Me (HCC) Lads age 12yrs+ 6:00pm - 8:00pm	Come Dine with Me (HCC) Girls age 12yrs+ 6:00pm - 8:00pm	Relationship Event Over 14s (HCC) 6:00pm onwards		
	Street Cheer (HCC) Ages 11yrs + 6:00pm - 7:00pm	Mobile Youth Bus (PBE) 6:30pm - 8:30pm	Slimming World (HCC) 18yrs + 6:00pm	Keep Fit (HCC) 6:30pm - 7:30pm		Community Dance Performance (HS) 5:00pm - 7:00pm TICKET ONLY	