

MHA COMMUNITIES NORTH TYNESIDE
A Community Service for the Young at Heart

ACTIVITIES PROGRAMME 2025					
Lunch Club	A group for those who like to chat and socialise. Includes a 2-course meal cooked on the premises	Mon	11.30am – 2.00pm	North Shields Methodist Church Hawkeys Lane North Shields NE29 0PR	£7.00
Friendship Group	Come along for a chat, cuppa, biscuit and a different activity every week	Mon	1.00pm – 2.30pm	The Oxford Centre, West Farm Avenue Longbenton NE12 8LT	£2.50
pARTners	A lovely art group for those with Dementia. Carers run a support group alongside this	Alt Wed	10.00am – 12.30pm	North Shields Methodist Church Hawkeys Lane North Shields NE29 0PR	Free
Drop-in group	A group for friendship and lively chat. Various activities may be included	Wed	10.00am – 12.00pm	Morrisons Community Room North Shields NE29 9QR	£3.00
Get Up and Get Active	A low impact class for beginners to moderate level	Wed	11.00am – 11.45am	The Meadows Waterville Rd North Shields NE29 6BA	£4.50
Breakfast Group	A group for friendship and lively chat whilst having your Breakfast.	Thurs	10.30am – 11.30am	North Shields Methodist Church Hawkeys Lane North Shields NE29 0PR	£4.50
Activity Group	A group with activities, quizzes, speakers, and sometimes even entertainers! Light lunch provided	Thurs	11.30am – 2.00pm	North Shields Methodist Church Hawkeys Lane North Shields NE29 0PR	£5.00
Fryday	Order Fish and Chips or you can bring your own lunch. Quiz and Bingo are optional!	Fri	11.30am – 2.00pm	The Catholic Club Cecil Street North Shields NE29 0DQ	£3.00

Please come along and give us a try everyone is welcome. Your first session is free.

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