

Week 6	Health and other clinics
<p><b><u>Monday 26<sup>th</sup> August</u></b>  <b>Bank Holiday</b>  Young Parents Group will not run.</p> <p><b><u>Tuesday 27<sup>th</sup> August</u></b>  <b>0-2 Stay and Play</b>  1:00pm-3:00pm  For children under 2 and their parents/carers . Lots of fun activities.  <b>Riverside Children's Centre</b></p> <p><b><u>Thursday 29<sup>th</sup> August</u></b>  <b>Family Fun – Under the Sea</b>  9:30am – 11:00am  Come along and enjoy sand and water play. Learn about animals that live in the ocean and join in with our fun crafts.  <b>Riverside Children's Centre</b>  <b>For Information Contact Gillian Wilson 07971591738</b></p>  	<p><b><u>Well Baby Clinics are running as follows each week:</u></b></p> <p>Every Monday  9:30am – 10:30am  <b>Cedarwood Trust</b>  <b>0191 2590245</b></p> <p>Every Tuesday  1:00pm – 2:30pm  <b>Riverside Children's Centre</b></p> <p>Every Wednesday  09:30am-11:30am  <b>North Shields Customer First Centre</b>  <b>0191 6435270</b></p> <p><b><u>Midwife Drop-in for Expectant Mums is running:</u></b></p> <p>Every Monday and Friday  9:30am – 11:00am  Advice for pregnant mums ahead of your first midwife booking appointment  <b>Riverside Children's Centre</b></p> <p><b><u>Breastfeeding Groups are running:</u></b></p> <p>Every Monday  11:00am – 12:30pm  <b>Cedarwood Trust</b>  <b>0191 2590245</b></p>

# Summer Activities Programme

## July-Sept 2019

**All activities are free!**

**Central Locality Team**  
**Based at Riverside Children's Centre, Minton Lane, North Shields, Tyne and Wear, NE29 6DQ**

**Booking only required where stated!**  
**Contact Riverside on 0191 643 8899 for further information.**

**You can now register your baby's birth at your local Children's Centre (By appointment only Mon-Fri)**  
**Riverside Children's Centre**  
**0191 643 8899**



**(By appointment only Fridays 1pm – 4pm only)**  
**Whitley Bay Customer First Centre**  
**0191 643 8804**



**North Tyneside Council**



**See the back page for Week 6, plus Health and Community clinics!**  
**For information on Young Parents and 0-2 Stay and Play contact Laura Dawson on 07971591737.**

<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>
<p><b><u>Monday 22<sup>nd</sup> July</u></b>  <b>Young Parents Group</b>  <b>(Drop-In)</b>  1:00pm-2:30pm  <b>For under 25 year olds and their children.</b>  <b>Riverside Children's Centre</b></p> <p><b><u>Tuesday 23<sup>rd</sup> July</u></b>  <b>0-2 Stay and Play</b>  1:00pm-3:00pm  <b>For children under 2 and their parents/carers . Lots of fun activities.</b>  <b>Riverside Children's Centre</b></p> <p><b><u>Thursday 25<sup>th</sup> July</u></b>  <b>Family Fun – Back to Nature</b>  9:30am – 11:00am  Grass heads, mini beast hunt, den building, plant sun flowers.  <b>Riverside Children's Centre</b>  <b>For Information Contact Gillian Wilson 07971591738</b></p> 	<p><b><u>Monday 29<sup>th</sup> July</u></b>  <b>Young Parents Group</b>  <b>(Drop-In)</b>  1:00pm-2:30pm  <b>For under 25 year olds and their children.</b>  <b>Riverside Children's Centre</b></p> <p><b><u>Tuesday 30<sup>th</sup> July</u></b>  <b>0-2 Stay and Play</b>  1:00pm-3:00pm  <b>For children under 2 and their parents/carers . Lots of fun activities.</b>  <b>Riverside Children's Centre</b></p> <p><b><u>Thursday 1<sup>st</sup> August</u></b>  <b>Family Fun – Teddy Bears Picnic</b>  9:30am – 11:00am  Come along with your favourite Teddy Bear and make a healthy snack to enjoy. Join in our fairytale crafts.  <b>Riverside Children's Centre</b>  <b>For Information Contact Gillian Wilson 07971591738</b></p> 	<p><b><u>Monday 5<sup>th</sup> August</u></b>  <b>Young Parents Group</b>  <b>(Drop-In)</b>  1:00pm-2:30pm  <b>For under 25 year olds and their children.</b>  <b>Riverside Children's Centre</b></p> <p><b><u>Tuesday 6<sup>th</sup> August</u></b>  <b>0-2 Stay and Play</b>  1:00pm-3:00pm  <b>For children under 2 and their parents/carers . Lots of fun activities.</b>  <b>Riverside Children's Centre</b></p> <p><b><u>Thursday 8<sup>th</sup> August</u></b>  <b>Family Fun – Mythical Magic</b>  9:30am – 11:00am  Come along and join in with our magical experiments. Make a unicorn or dragon dream catcher. Craft activities, sparkly slime and more!  <b>Riverside Children's Centre</b>  <b>For Information Contact Gillian Wilson 07971591738</b></p> 	<p><b><u>Monday 12<sup>th</sup> August</u></b>  <b>Young Parents Group</b>  <b>(Drop-In)</b>  1:00pm-2:30pm  <b>For under 25 year olds and their children.</b>  <b>Riverside Children's Centre</b></p> <p><b><u>Tuesday 13<sup>th</sup> August</u></b>  <b>0-2 Stay and Play</b>  1:00pm-3:00pm  <b>For children under 2 and their parents/carers . Lots of fun activities.</b>  <b>Riverside Children's Centre</b></p> <p><b><u>Thursday 15<sup>th</sup> August</u></b>  <b>Family Fun – Superhero</b>  9:30am – 11:00am  Come along dressed as your favourite superhero. Make a mask and come and join in with our superhero challenges.  <b>Riverside Children's Centre</b>  <b>For Information Contact Gillian Wilson 07971591738</b></p> 	<p><b><u>Monday 19<sup>th</sup> August</u></b>  <b>Young Parents Group</b>  <b>(Drop-In)</b>  1:00pm-2:30pm  <b>For under 25 year olds and their children.</b>  <b>Riverside Children's Centre</b></p> <p><b><u>Tuesday 20<sup>th</sup> August</u></b>  <b>0-2 Stay and Play</b>  1:00pm-3:00pm  <b>For children under 2 and their parents/carers . Lots of fun activities.</b>  <b>Riverside Children's Centre</b></p> <p><b><u>Thursday 22<sup>nd</sup> August</u></b>  <b>Family Fun – Pirates and Princesses</b>  9:30am – 11:00am  Come along dressed up! Make your own pirate mask, crown and wand and join us on a treasure hunt.  <b>Riverside Children's Centre</b>  <b>For Information Contact Gillian Wilson 07971591738</b></p> 